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SPECIAL EDITION

ELECTION 2015

Trudeau's Liberals sweep to victory

- Stephen Harper steps down
- Mulcair: End to 'politics of fear and division'
- Metro's analysis: Invest in infrastructure
- Western Canada remains (mostly) blue



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metroELECTION

2015 FEDERAL ELECTION

CANADA'S NEW PRIME MINISTER



Liberal leader and Prime Minister Elect Justin Trudeau kisses his wife following his victory speech at Liberal party headquarters in Montreal on Monday after winning the 42nd Canadian general election. SEAN KILPATRICK/CANADIAN PRESS

WINNING QUOTES

Canadians from all across this great country sent a clear message tonight.

Tonight Canada is becoming the country it was before.

We beat cynicism with hard work. We beat negative, divisive politics with a positive vision that brings Canadians together. Most of all we defeated the idea that Canadians should be satisfied with less.

Justin Trudeau

TORSTAR NEWS SERVICE

The son also rises

NEW GOVERNMENT

Canadians vote for change as Liberals win

Prime Minister Justin Trudeau.

That title, which seemed improbable a mere 11 weeks ago, is now set to become a reality after the Liberals' historic, come-from-behind election result, besting incumbent Conservatives and hopeful New Democrats in one of the country's longest and costliest elections.

"Canadians from all across this great country sent a clear message tonight. It's time for change in this country my friends, real change," Trudeau said in Montreal.

"A positive, optimistic hopeful vision of public life isn't a naive dream. It can be a powerful force for change."

The election ushers in a new era for Canada as Trudeau was swept to power on a vow to change how Canadians were governed and a commitment to end what he branded as the Conservatives' divisive style of politics.

Preliminary results had the Liberals at 189 seats, comfortably more than the 170 seats needed for a majority government in the expanded 338-seat House of Commons. It's a stunning rebound for a party that had been knocked down to 34 seats in the 2011 election and left for dead.

The Conservatives won 103 seats, the New Democrats 35, the Bloc Québécois 10 and the Green Party had one seat, won

by leader Elizabeth May.

The day was a humiliating loss for Conservative Leader Stephen Harper, who has served as prime minister since 2006, and a crushing night for NDP Leader Thomas Mulcair.

Harper, who had led his Conservatives to three successive victories, immediately signalled he would be stepping down as leader and instructed the Conservative party to appoint an interim leader and launch a process to select a new leader, according to a party statement.

Speaking to supporters in Calgary, Harper said he had the "incredible honour" of serving as prime minister.

"We put everything on the table. We gave everything we had to give and we have no regrets," he said.

While the outcome was not

the one he wanted, Harper said, "the people are never wrong," adding that he accepted the results "without hesitation."

Mulcair told disappointed supporters that he talked to Harper to thank him for his service to the country and congratulated Trudeau on his well-fought campaign.

And he vowed that New Democrats, despite the bruising results, would continue to fight for priorities such as the environment and First Nations relations. He gave no hint about his intentions of whether to stay on.

Trudeau's party coloured the country Liberal red as an election race that appeared close for much of its 78 days in the end proved to be a blow-out.

The results mean that Trudeau, a 43-year-old father of three, will become Canada's

next prime minister, following in the footsteps of his famous father Pierre Trudeau, who served as prime minister for 16 years before retiring in 1984. He died in 2000 at the age of 80.

The Liberal leader rode his own wave of Trudeauism — the phenomenon made famous by his father — in the campaign's final days, attracting big crowds at stops from Halifax to Saint John to Calgary and North Vancouver.

He sold voters on the promise of a middle class tax cut, spending to help spur the economy, all wrapped in a message of hope and optimism.

But ultimately it was the nation's desire for change after almost a decade of Conservative rule that helped propel the Liberals to victory.

CANADA'S LIBERAL GOVERNMENT

Grits dominate, but what now?

ELECTION 2015

Trudeau's win caps a stunning reversal



Steve Rennie
Metro | Ottawa

Justin Trudeau's Liberals didn't just win this election. They did what few, aside from the most die-hard of partisans, thought possible a few short weeks ago.

They dominated.

They swept Atlantic Canada and never looked back.

It is a stunning reversal of fortunes for a party many wrote off as dead after the last campaign four years ago.

The shock result will leave the Conservatives and NDP scratching their heads.

But it is clear Trudeau's team managed to capitalize on the desire of many Canadians for change.

From the start of this marathon campaign, the ballot-box question has been the same: do you want change, and if you do, which party has the best shot at unseating the Conservatives?

Who would have thought when this whole thing started back at the beginning of August that Trudeau's Liberals would be that party?

Trailing in the polls, without the wind that Tom Mulcair's New Democrats had in their



Liberal Leader Justin Trudeau greets supporters as he steps off his campaign bus for a rally October 13 in Toronto. The Liberals swept Atlantic Canada and continued to gain ground across the country. PAUL CHIASSON/THE CANADIAN PRESS

sails, and with an untested leader prone to speaking first and thinking later, the Liberals looked like they'd be lucky to hold on to their three dozen seats.

Yet here they are, 11 weeks later, poised to form a majority government and to return a Trudeau to 24 Sussex for the first time since 1984.

So, what now?

We already know what the Liberals plan to do: run three years of deficits to pay for a multibillion-dollar infrastructure plan, redistribute the federal child benefits of high-income families to less wealthy ones, look at changing the Conservatives' controversial anti-terrorism legislation and reform the

Senate through an arms-length process to select future members, to name a few things.

There will be much soul-searching in the rival camps.

Stephen Harper's days are done. The Conservatives will be looking for a fresh start under a new, less polarizing leader.

They must broaden the party's appeal and find a way

to grow the party's traditional base if they hope to return to power.

A new leader should help. Plenty of people say they like the Conservatives but can't stand Harper. But the party will also need to decide if its hardline positions on issues such as the niqab and legalizing marijuana need to be softened.

What happens to Mulcair is a trickier question. He has done an admirable job as Parliament's interrogator-in-chief, but he alienated some voters by steering his party to the political right.

He probably deserves another shot, but he may not get one. Politics, after all, is a cruel business.

RICK MERCER REPORT

#rickmercerreport

TONIGHT

Rick makes a splash in a free-fall lifeboat at Nova Scotia Community College's Nautical Institute in Port Hawkesbury.

ALL-NEW
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IN THE LIGHT OF TRUTH THE GRAIL MESSAGE

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TOPIC: ‘The Purpose of Man and his Responsibilities in Creation’

DATE: OCTOBER 24, 2015

VENUE: Edmonton Room
Edmonton Public Library
7 Sir Winston Churchill Square
Edmonton, AB. T5J 2V4

TIME: Gate opens: 12 noon
Lecture starts: 1.00pm

Parking available @ library parkade
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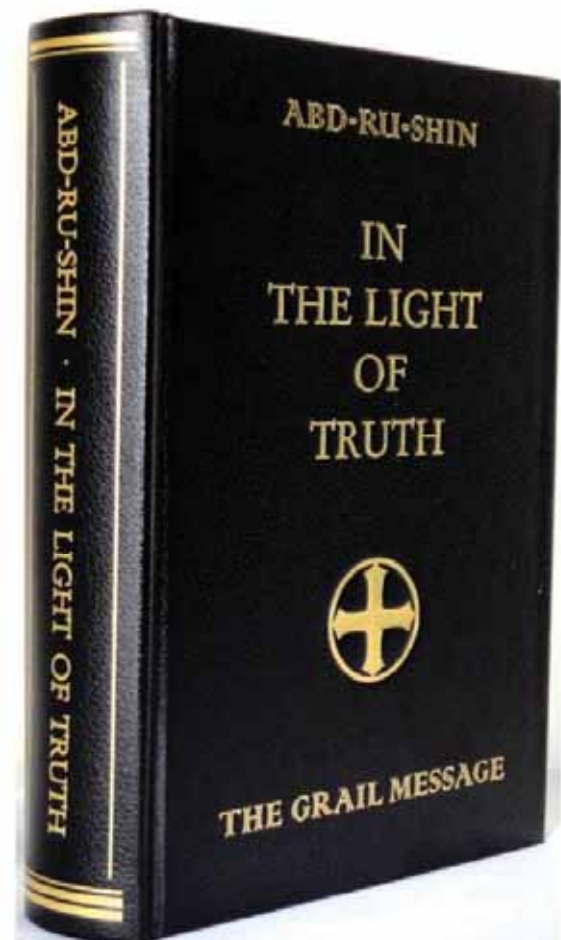
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CANADA'S LIBERAL GOVERNMENT

THREE LIBERAL PROMISES

New spending

Almost double federal spending on infrastructure over next decade by adding \$60 billion on top of the \$65 billion already committed, even though it will mean running an annual deficit of up to \$10 billion.

Kidsstuff

A new child benefit meant to provide greatest benefit to lower-income families. For a two-child family earning \$45,000 a year, the benefit would provide \$9,850 a year.

Tax reform

Reduce income tax rate to 20.5 per cent from 22 for those with income between \$44,700 and \$89,401. The Liberals would introduce a new tax rate of 33 per cent for those earning more than \$200,000 annually.

For the Forces

Scrap proposed purchase of the F-35 fighter jet and direct the expected savings to re-equip the Royal Canadian Navy.



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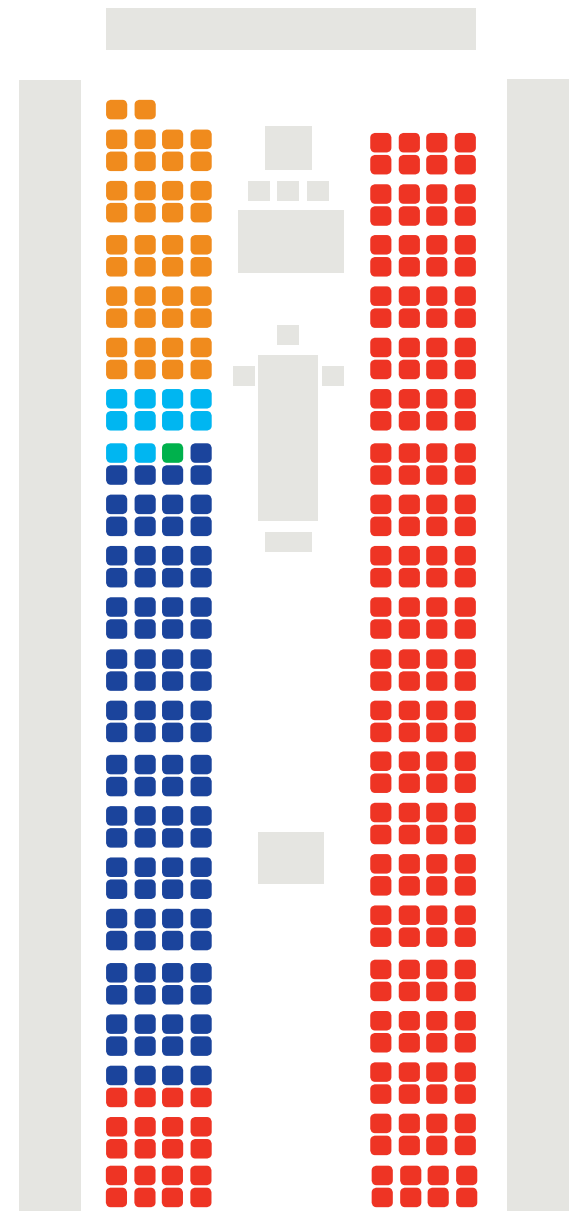
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THE 42ND CANADIAN PARLIAMENT

Here's how the seats in the lower chamber were split as of press time



LIB 185
CON 100
NDP 42
BLOC 10
GREEN 1



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CANADA'S OPPOSITION

“ HARPER QUOTES

During the past nine years it has been an unbelievable honour to serve as your prime minister.

Know this for certain: When the next time comes, this party will offer Canadians a strong and clear alternative based on our ... values.

While tonight's result is certainly not the one we had hoped for, the people are never wrong.



Stephen Harper greet supporters in the Calgary Heritage riding prior to the Conservative leader conceding defeat. THE CANADIAN PRESS

Harper to step down as leader after election loss

NEW LEADERSHIP

Conservatives now the official opposition

Monday, as many Conservatives wrestled with a heartbreaking loss, Harper stepped down as party leader, said Conservative Party national president John Walsh.

“I have spoken to Prime Minister Stephen Harper and he has instructed me to reach out to the newly elected parliamentary caucus to appoint an interim leader and to the National Council to implement the leadership selection process pursuant to the Conservative Party of Canada constitution.”

“I wish to address all Canadians,” Harper told a large crowd of supporters here. “During the past nine years it has been an unbelievable honour to serve as your prime minister.”

“We put it all on the line, we gave everything we had to give and we have no regrets whatsoever.”

Jason Kenney, defence min-

ister in Harper’s cabinet, said “it’s a bad night for the Conservative party, but we’ll come back.” He said the Conservatives’ policies were not the problem but “where we went wrong was on tone,” said Kenney.

“We need a conservatism that is sunnier and more optimistic,” he said. “We have to take collective responsibility for that.”

He deflected questions about leadership ambitions.

The first outward sign of trouble on election day in Stephen Harper’s Calgary home base was the grim looks on his staffers’ faces as the Conservative leader arrived to vote.

Then came reports from the Conservative campaign across the country. It looked bad. Mid-morning officials thought the party could emerge with just 120 seats.

But there was Harper, visibly at ease with an outcome he knew in his gut was coming — that his campaign was skidding to a brutal loss. Harper had a relaxed lunch with his campaign team, boosting

their spirits, and spent time preparing “lots of speeches,” at ease with a number of possible outcomes.

Those who know Harper best say it was the same ease he has carried since February when he made the decision to call an unexpected early election campaign that would start in August — a decision his campaign does not regret.



We put it all on the line, we gave everything we had to give and we have no regrets whatsoever.

Stephen Harper

The decision that Harper made on whether to stay or go was known to very few.

Earlier, before Harper announced his intention to step down, Guy Giorno, chair of the Conservative campaign, had said there would be an in-depth post-mortem on how the campaign was conducted but rejected any suggestion that Harper was not the man to lead it.

He said it was a simply a

near impossible feat to win four mandates. “We just couldn’t buck history.”

Giorno ascribed the Conservative loss to the collapse of the NDP vote, and said, “We are ‘proud’ of the campaign Harper conducted, but declined to identify where he thought it went wrong.”

“I’m the chair of the campaign. To the extent we fell

official Ken Boessenkool in an interview with Torstar News Service, but Harper didn’t want to leave the fallout from the Mike Duffy fraud trial “and other stuff” to another leader.

“He thought it best that he take us into this campaign, that he lead the campaign and that he leave a strong vibrant party if that was Canadians’ choice to the next person.”

Boessenkool said Harper can hold his head high because he has left the party in strong shape for the long term.

For many, there was only one possible outcome. Harper would have to step down in order for the party to rebuild.

“There’ll be legacy discussion, mourning and an immediate leadership,” race that begins Tuesday said one Conservative organizer.

Recriminations were beginning, and blame assigned, in some cases to campaign manager Jenni Byrne who was not in Calgary for Election Day — while the other top people on the campaign team were.

TORSTAR NEWS SERVICE

Shocking collapse as NDP support waivers

THOMAS MULCAIR

Campaign built around 'change' fails to live up to momentum

The New Democrats came so close, but then the campaign rolled on and history left the historic hopes of the New Democrats — and their beloved Official Opposition status — behind.

Thomas Mulcair did not become prime minister in the first federal election where one could talk seriously about that being a possibility, and by 11 p.m. had already spoken to prime minister-designate Justin Trudeau to congratulate him on his victory.

Early results suggested Mulcair would keep his Montreal riding of Outremont, but the race looked very close as much of the rest of the province — and the country — got swept up in the Liberal momentum.

There will be much disappointment (and second-guessing) in the ranks for that, as the party recovers from its orange crash. Was it the niqab? Was it the decision to promise a balanced budget? Was it that Mulcair could just not compete, on a personality level, with the charismatic Trudeau?

Time will tell as the post-election analysis comes in, but as one NDP insider put it even before the devastating results started rolling in Monday night: This was a momentum campaign, propelled by the desire for change, and the momentum did not go their way.

The bad news began in Atlantic Canada, losing both NDP Deputy Leader Megan Leslie and long-time MP Peter Stoffer to the Liberals.

They knew those provinces would likely be a near-Liberal sweep, but by the time the



NDP Leader Tom Mulcair speaks to supporters Monday in Montreal. THE CANADIAN PRESS

Quebec results started rolling in, it was clear the NDP had fallen hard and fast to third place.

The mood in the room was sombre, with a smattering of cheers and applause as the occasional victory rolled in — including that of Ruth Ellen Brosseau in the Quebec riding of Berthier-Maskinongé, the young woman who travelled to Las Vegas during the 2011 election campaign and then had come to symbolize how many of the paper candidates from 2011 had worked hard to become serious MPs.

Early results also suggested they would be able to hold their own in British Columbia.

But celebrations came few and far between, despite party

president Rebecca Blaikie at one point yelling some enthusiasm into a microphone in front of a relatively small crowd of supporters: "It ain't over till it's over!"

But it was over, really, and it was even hard to see a silver lining, beyond the fact that Conservative Leader Stephen Harper — against whom they campaigned hard — had gone down to defeat.

Before the poll results started coming in, NDP sources who acknowledged their path to victory had disappeared were still confident the party would at least receive its second-best result in its history.

That second-best bar was not a high one to jump. Before 2011, when the late Jack

Layton led his party to Official Opposition status, the highest number of seats they had ever had in Ottawa was 43, under former leader Ed Broadbent.

And yet, they did not even make that.

The fall from 95 seats at the dissolution of Parliament to Elections Canada online results showing them leading in just 42 seats, at time of publication Monday night, is a steep one. And this, especially, for a campaign that had been arguing the party needed only 35 more seats to defeat the Conservative government of Stephen Harper, unlike the 100 needed by the Liberals, who in the end were the ones to actually do it.

TORSTAR NEWS SERVICE

SAANICH-GULF ISLANDS

May welcomes crowd to 'post-Harper era'



Thandi Fletcher
Metro | Vancouver

Elizabeth May has done it again. The Green Party leader coasted to victory Monday night, winning her seat as MP for Saanich-Gulf Islands on Vancouver Island for the second time.

Although the polls had just closed in British Columbia, May waltzed into the Green election headquarters like a winner, walking hand-in-hand with Green candidates Jo-Ann Roberts and Frances Litman as her forecast of a Stephen Harper Conservative defeat appeared to be coming true.

"Welcome to the first night of the post-Harper era!" a beaming May said to a crowded room of about 150 supporters. "I don't know for sure about being re-elected except that Tom Mulcair just called to congratulate me for being re-elected."

Before that call, May said she also spoke to Liberal Leader Justin Trudeau on the phone to congratulate him on his victory and to ask when she could meet with him to discuss the upcoming United Nations climate conference.

But it wasn't all celebration

66 MAY QUOTES

We have a huge base to build on and people will vote green next time.

for the Greens.

Heading into the election, May, who was one of just two Green MPs in the last Parliament, hoped her party would gain the support of enough voters to secure a more influential presence in Parliament.

Once the final votes were tallied, however, it became clear that May's hopes were dashed as the party retained only her seat.

At press time, the party's share of the popular vote appeared to have dropped to 2.9 per cent.

Speaking to Metro after her win, May said she blamed strategic voting, as well as being excluded from three of the five leaders' debates on the Green's low seat count, especially in B.C.

WITH FILES FROM TORSTAR NEWS SERVICE



Green Party Leader Elizabeth May breaks into song and dance to celebrate the repudiation of Stephen Harper.

THANDI FLETCHER/METRO

IN BRIEF

Ballots scarce as voter turnout surges in Prairies

Voter turnout was so high on some reserves on the Prairies that there were reports of a handful of polling stations running out of ballots.

Leanne Nyirfa with Elections Canada said stations were stocked with ballots based on turnout from the last federal election in 2011.

She said a station on Sik-sika Nation, east of Calgary, went without ballots for about 15 minutes until work-

ers could deliver more.

Sheila North Wilson, grand chief of a group representing First Nations in northern Manitoba, said she was told there were not enough ballots on some remote reserves in the province.

She said some voters were given photocopies of blank ballots instead.

North Wilson said the turnout showed the First Nations vote has mobilized and people want change.

THE CANADIAN PRESS

66 MULCAIR QUOTES

Canadians have turned the page on 10 long years and have rejected the politics of fear and division.

I could not be prouder of the diversity and strength of our NDP team.

EDMONTON VOTES

Edmonton stays



CONTINENTAL DIVIDE

City, like the rest of Alberta, bucks trend



Ryan Tumilty
Metro|Edmonton

While Canada ejected the Conservatives and inserted

Justin Trudeau's Liberals Monday night, the party Stephen Harper built nonetheless held Edmonton, winning at least five of nine seats.

Only Liberal candidate Randy Boissonnault bucked the trend: as of press time, Boissonnault was on track to win Edmonton Centre riding and defeat Conservative James Cumming and the NDP's Gil McGowan.

That and another Edmonton race were dogfights: Edmonton Mill Woods saw Con-

servative Tim Uppal holding onto a slight edge over Liberal Amarjeet Sohi with NPD contender Jasvir Deol well back. As of press time, no decision.

Despite their victories, the Conservatives recognized their new place in the political pecking order. "Each of us has to represent our constituencies to the best of our abilities," said Edmonton Manning's newly elected Conservative MP, Ziad Aboultaif.

Aboultaif claimed his seat

in Manning beating out Aaron Paquette with the NDP and Liberal candidate Sukhdev Aujla.

The only other colour in Edmonton is orange — NDP incumbent Linda Duncan also held onto her seat in Edmonton — Strathcona, beating off a strong challenge from Conservative Len Thom. Liberal candidate Eleanor Olszewski came third.

Former mayoral contender Kerry Diotte won the new riding of Edmonton — Griesbach,

defeating NDP hopeful Janis Irwin and Liberal Brian Gold.

Edmonton Riverbend is also Conservative, sending former MLA Matt Jeneroux to Ottawa, beating out NDP Brian Fleck and Liberal Tariq Chaudray.

Conservative MP Mike Lake held his seat, winning Edmonton Wetaskiwin over Liberal Jaquelline Biollo and NDP candidate Fritz Bitz.

In St. Albert — Edmonton, Brent Rathgeber's attempt to return to Parliament as an

independent was thwarted by Conservative Michael Cooper. Rathgeber was third behind Liberal candidate Beatrice Ghattuba, while NDP candidate Darlene Malayko finished fourth.

Former councillor and mayoral candidate Karen Leibovici lost her bid with the Liberals, as Conservative Kelly McCauley grabbed the Edmonton — West riding, also beating NDP candidate Heather MacKenzie.

The power ridings Some surprisingly tight races developed

Edmonton Mill Woods

Near-tie between Liberal Sohi and Tory Uppal

Liberal candidate Amarjeet Sohi appeared to claim a narrow victory in a very close Edmonton Mill Woods race late Monday evening, defeating Conservative incumbent Tim Uppal by a mere handful of votes.

It was a back-and-forth race between the riding's top contenders as soon as polls began trickling in, with Uppal leading by a few hundred votes for the majority of the evening. Scrutineers claimed Sohi

victorious by around 68 votes late in the evening, making Mill Woods one of the last ridings in the city to announce their results.

Uppal led the polls most of the evening with a 1.5 per cent lead, until final polls saw Sohi's numbers jump within 100 votes of Uppal.

NDP's Jasvir Deol trailed a distant third with about 12 per cent of the vote in a riding of eight candidates.

ANDREA ROSS/METRO

Edmonton Centre

Liberal nips Conservative just at press time

A tight three-way race in Edmonton Centre ended late Monday with the Liberals being declared winners by The Canadian Press at press time.

Liberal candidate Randy Boissonnault was winning a narrow victory over Conservative candidate James Cumming at 12:45 a.m., but there were little more than 300 votes separating the pair. Boissonnault had not taken the stage at his campaign headquarters by 11 p.m., but his supporters

were celebrating.

Stefan Martynkiw said he was stunned by such an overwhelming result for the party. "I never thought it would happen. I thought it would be a Liberal minority."

Martynkiw said he was glad to see Boissonnault elected as well. "It is a nice comeback to a progressive voice in Edmonton Centre."

Cumming was unavailable at press time as well.

RYAN TUMILTY/METRO

Edmonton-Griesbach

Conservative Diotte prevails over Liberal

A typically blue patch of Edmonton stayed true blue Monday night as Kerry Diotte won Edmonton-Griesbach for the Conservatives.

"It was a hard fought battle," said Diotte, surrounded by supporters at the Highlands Golf Club in Edmonton. "I'm just tremendously happy."

New to this federal election, the Griesbach riding is made up of pieces from the former Edmonton — St. Albert and Edmonton — East ridings.

With the incumbent in one, Brent Rathgeber, running in St. Albert — Edmonton, and longtime MP Peter Goldring not seeking re-election in the other, Griesbach was wide open for the candidates.

Early polls during the marathon election suggested NDP candidate Janis Irwin was a favourite to win — she was organized for the election long before the writ dropped.

BRAEDEN JONES/METRO

WITH FILES FROM RICHARD LIEW

true to blue roots



Liberal supporters in Edmonton Mill Woods watch closely as the final few polls report. The riding was one of two in the city that saw a race too close to call, as Edmonton Centre was also right down to the wire as of press time.

KEVIN TUONG/METRO

Edmonton by colours



St. Albert-Edmonton
Michael Cooper
CON 44%
LIB 23%
IND 20%



Edmonton West
Kelly McCauley
CON 48%
NDP 30%
LIB 24%



Edmonton Riverbend
Matt Jeneroux
CON 50%
LIB 31%
NDP 16%



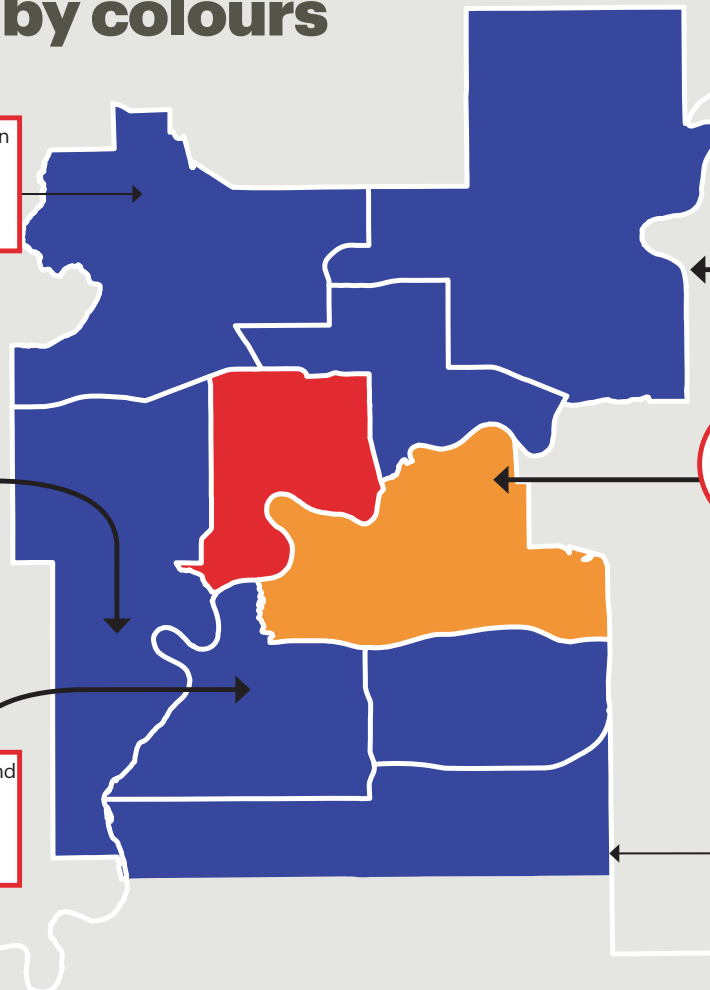
Edmonton Manning
Ziad Aboultaif
CON 46%
LIB 28%
NDP 22%



Edmonton Strathcona
Linda Duncan
NDP 42%
CON 32%
LIB 22%



Edmonton-Wetaskiwin
Mike Lake
CON 66%
LIB 21%
NDP 10%



Trudeau name a worry to Albertans

OPINION

Can PET's son patch things up with the oil patch?



Tim Querengesser
Metro | Edmonton

For the past nine years, Edmonton, Calgary, Alberta and their critical resource — oil — have been deep inside Ste-

phen Harper's agenda. With Monday's election, where Justin Trudeau and the Liberal Party was on course to take a staggering 184 seats out of 338, Harper was reduced to stepping down as the leader of the party he built and the province to return to a once familiar place — far from Ottawa.

It wasn't that Trudeau didn't try. More than a few onlookers, including former Ontario premier Bob Rae, noted Trudeau was in Alberta on the last day of the campaign Sunday, which is a first

when it comes to the Liberal party. Clearly, Trudeau must have thought there was a seat or few to grab from the clutches of blue. Clearly he was hoping to include Alberta in the wave of change.

It didn't happen. There is, of course, his name — *that* name. In Alberta, the oilpatch is not only an economic mammoth, it's also an electoral constituency. And that oilpatch, it seems, does not forget history.

To be absolutely clear, the apparent logic is flawed — a

son is not the mirror of his father, nor is 2015 anything like 1980. Indeed, not a person with any hope of winning a seat has suggested nationalizing Alberta's oil bounty, as Pierre Trudeau partly attempted to do with the National Energy Policy, resulting in the province seeing him as a historic villain.

But perhaps that's not why Alberta refused to be part of a Canadian trend Monday. Until Harper entered Canada's political milieu, the West was always the rich newcomer in the neigh-

bourhood, knocking at the door of the elite, established party, only to be let in yet kept, at most, in the lobby.

Heck, some of its biggest politicians at the time seemed perfectly created to look awkward in any setting other than a Prairie, a Bible-belt or a church picnic. The West wanted in, but Preston Manning, rubbing shoulders with the Bay Street elite, or summering with the Chrétien or the Trudeaus or the Mulroneys in the Muskokas? The mind boggles.

Harper was the first west-

ern prime minister in Canadian history. He was the first who could sell him self to the entire country. He wanted to shake it up. He was Alberta.

Which brings us back to Trudeau, who visited Edmonton and Calgary Sunday night. He has better polling information than we do. He knew his trip wasn't going to win big votes. Perhaps what he knew, deep down, was that he was about to become prime minister and he needed to do some early work healing an old grudge.

ROSEMARY WESTWOOD

It felt more like a relief than a victory. 'A lot of good people lost,' my friends echoed each other — excited to see the Conservatives out of power, but sad to see the gutting of the NDP.



I could tell our hostess had been giddy all day.

"I feel like someone who loves sports," she said breathlessly as we rode up the elevator. It was only 5 p.m.

Your election party might have been rowdy. Ours was candlelit. Camembert cheese (thankfully not ice-cold), a homemade North African peanut soup and bottles of red wine. How else does a feminist salon — in the sense of an assembly of friends — toast to the demise of Stephen Harper?

There was the hostess, who is a social-justice advocate, and our friends, the lawyer, the fashion designer and the non-profit manager. For a night amped up this much on social media, we were ready to be giddy. Then the CBC — and Peter Mansbridge in particular — started coverage with all the pulse and excitement of a funeral. It would turn out to be Stephen Harper's.

We watched Mansbridge humdrum his way through Atlantic Canada's red sweep, caught a shot of Ian Hanomansing and a hit of actual energy from the unequalled Rosemary Barton, and switched to the Jays, just in time for the second inning go-ahead run.

"Come on, come on, come on!"

"Yes, yes, yes!!!"

By then, the Liberals had 60 per cent of the votes counted so far, and it was time for brownies and ice cream.

"Should I microwave these brownies so they're gooey?" asked Hostess.

The ladies squealed as the Jays rapidly scored another spate of runs. And the CBC's snoozefest coverage continued, until 9:41 p.m., when we switched back.

"Based on this," Mansbridge was saying, "the next prime minister of Canada will be Justin Trudeau."

"Oh my God. Oh my God," said Non-Profit.

"Eat it, Stephen Harper!" said Lawyer.

CBC was calling 54 seats for the Liberals, 18 for Conservatives, and the NDP? Just three.

"The NDP just got slaughtered," I said.

"They really did," Non-Profit said.

In Outremont, though early in the polls, Thomas Mulcair trailed in his own riding.

"Oh dear," Non-Profit sighed. "He must be, like, 'How did this all happen?'"

The CBC's background was by then awash in red, with photos of Justin Trudeau in a canoe.

"It's like 165!"

"Really fast!"

There was only one Liberal voter in the bunch. But no one was sad for a Trudeau

win — just sympathetic for the NDP. Non-Profit would have wanted a coalition. The others agreed.

They bemoaned the loss of Megan Leslie in Halifax and Peggy Nash in the GTA — popular politicians who seemed to have lost more to anti-Harper sentiment than to Trudeau.

The votes rolled in.

"Oh, Chris Alexander lost!"

"Excellent!"

"Yes! Fantino's gone!"

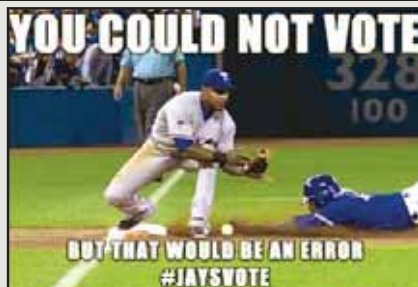
Stephen Harper was projected to win his seat.

"I just want to see him concede," I said.

"Ooh," the ladies cooed.

All the anger on all sides of the spectrum gives way, on election day, to hope.

THE MICROTREND: Peer pressure at the polls



The result may not be the only surprising thing about this election. There were signs of a turnaround in youth turnout. Social-media newsfeeds were crowded with young people encouraging others to vote — with selfies, with funny memes and occasionally with shaming tactics. The excitement was palpable online, from an indigenous youth voting campaign to a site for organizing "vote parties," making civic duty a social occasion. Why? It could be Conservative fatigue, or university students who were allowed to vote on campus in their home riding for the first time. But it might also be that since 2011, many millennials have transitioned into full-blown adults, with homes of their own, taxes to pay, small children and aging parents. Where there was once utter disaffection, there are now urgent reasons to vote.

Long-simmering campaign a recipe for voter engagement



Emma Teitel

On Oct. 10, Mary Cleaver, a B.C. woman in her 40s, posted on Facebook about why she would not be voting for Stephen Harper, even though his party's economic policies might benefit her family.

"You've underestimated us," she wrote. "On Oct. 19, we're not voting for our bank balance. We're voting for change because we want the caring Canada of our youth back."

Cleaver's post was shared in the thousands from coast to coast. Spreading Cleaver's message were disenchanted Conservative supporters and staunch progressives eager to disseminate any criticism of Harper. But the group I noticed linking to Cleaver's post most enthusiastically were people my age, in their 20s — a demographic thought unlikely to show up at the polls, yet clearly inspired by the notion that a person would base their vote not on how it might affect her, but on how it might affect the lives of others.

Say what you want about this campaign's bizarre ugliness, but you'd be remiss if you failed to acknowledge that this was a remarkable campaign for youth engagement. It was rife with an unusual passion for the democratic process.

People still may not be voting at the rates they should be, but they are at least learning about politics. Political discourse, whether partisan, balanced or incomprehensible, was almost impossible to ignore this election season.

"People really recognized this was an important and decisive election," said Melana Roberts, 26, co-chair of the Toronto Youth Food Policy Council. "Young people ... are far less apathetic. We are recognizing we are the makers of our own futures, and if we don't stand up for the things we believe in, no one else will."

Roberts may be right about waning apathy. But I have a different theory about high youth engagement with politics: Our election was simply too long to ignore.

If you're a politically uninterested person (I was one for a very long time), when there is an election — usually five weeks in Canada — you typically tune in twice: when the campaign kicks off, and before you're supposed to go to the polls, when you hastily read whatever campaign literature you can get your hands on.

But the protracted election cycle gives voters no choice but to marinate in the issues, and it's infinitely beneficial in an age where sites filter out content deemed irrelevant to our personal interests. Yes, taxpayers have to foot the bill for a long election, but some things — a healthy, engaged democracy for one — are worth the time and money.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

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PHILOSOPHER CAT
by Jason Logan

DEMOCRACY IS THE PROCESS BY WHICH PEOPLE CHOOSE THE MAN WHO'LL GET THE BLAME.


BERTRAND RUSSELL

IN BRIEF

Cities set to flex political muscle

Mayor Don Iveson said Monday's federal election will be a turning point for the importance of urban issues in Canada regardless of the winner.

Iveson spoke Monday afternoon, hours before polls closed, to a lunchtime crowd of Rotarians. He spoke about the importance cities would play as they become a larger majority of the seats in parliament.

"It's a very different look and feel to the country than it was in the 19th century. This is an urban country now," Iveson said.

He said the path to any kind of electoral victory has to include cities and their issues.

"You can not be prime minister of this country without winning a lot of seats in cities, regardless of which party you're from."

Iveson said most of the parties have developed strong transit plans recognizing this issue, but he would like to see more commitments on affordable housing from all of the parties.

RYAN TUMILTY/METRO

Prison searched

Two federal prisons in Alberta have been locked down.

The Correctional Service of Canada says in a news release that Bowden and Drumheller institutions were locked down so staff can do a search for contraband.

The lockdown was put in place in Bowden on Sunday night; Drumheller's started Monday afternoon.

Visits at both prisons have been suspended until the searches are complete.

THE CANADIAN PRESS

Charges in toxic spill

An energy company with a troubled safety history faces seven charges related to a pipeline spill of roughly 1.8 million litres of contaminated water in northwestern Alberta.

Apache Canada Ltd. has been charged under the Environmental Protection and Enhancement Act, the Public Lands Act and the Pipeline Act for the October 2013 spill near Zama City that leaked a mix of water, salt, oil and minerals.

THE CANADIAN PRESS



Waste management employee Beth Padfield is working on an app to help residents sort their recyclables. KEVIN TUONG/FOR METRO

City staff embrace 'startup culture'

WORKER INPUT

Partnership with Open Lab is helping turn ideas into apps



Ryan Tumilty
Metro | Edmonton

The city's partnership with Startup Edmonton is bearing fruit as several app ideas are being considered after being pitched by city employees.

Open Lab, a partnership with the city and Startup, was launched this spring to help

city staff work on apps, but also to take in some of Startup's innovative culture and processes.

Yvonne Chen, a strategic advisor with the project, said 30 city staffers have gone through what's called a "pre-flight" program with their ideas, where they look at the best way to move them ahead.

"It's helping the city staff to really understand what are the issues we are trying to solve here and (to) have a lean development process that ensures we are developing something people really need," she said.

Chen said part of the process is not only to encourage app



We do know that residents do experience confusion about what to do with certain items.

Waste management employee Beth Padfield

development but to recognize when the city is developing an app that isn't necessary.

One recently abandoned idea would have provided information on development

around transit centres.

"We realized this was not something citizens wanted and so in some way we saved the city \$300,000, because it was an app we were going to build."

Beth Padfield, in waste management, was part of three teams that have moved their app ideas into the next phase. Their proposed app — still likely months from launch — would help residents sort their garbage and recyclables.

She said going through the Open Lab process has really helped focus their energies.

"To work through that process was really great to kind of slow us down in our initial excitement."

TWO-YEAR-OLD KILLED

Crash hearing begins



Andrea Ross
Metro | Edmonton

A sentencing hearing began this week for an Edmonton man charged in connection with a crash that killed a toddler on a restaurant patio two years ago.

According to an agreed statement of facts, Richard Suter drove his SUV through a glass window and onto the patio of Ric's Grill, in Terwillegar, around 6:30 p.m. on May 19, 2013.

Two-year-old Geo Mounsef, who was having dinner with his parents and brother, died in the collision.



When I got close to him ... he was wobbling all over.

Sage Morin

Suter pleaded guilty in July to failing to provide a breath sample.

Mounsef's mother, Sage Morin, said Suter was "heavily intoxicated" at the time of the collision.

"When I got close to him he couldn't even stand up right, and yeah, he was wobbling all over," Morin says in the agreed statement of facts. "He was trying to run away."

Witnesses reported seeing Suter stumbling and falling when he left his vehicle after the collision. When one witness asked what happened, he said he "hit the wrong pedal."

One of the first police officers on scene determined Suter was intoxicated and that he refused to provide a breath sample after speaking with a lawyer.

Suter's sentencing is expected to last until Friday.

COUNCIL

Meat stays on the menu



Braeden Jones
Metro | Edmonton

Edmonton city council opted not to discuss the youth council initiated motion to go vegan, an outcome Coun. Andrew Knack called "disappointing."

In July, the youth council proposed city councillors should make a political gesture by dropping meat from the snack menu at the odd

meeting.

But councillors didn't care to sink their teeth into the issue.

They voted to receive a report on the matter, which Knack moved to reconsider so there could be debate — but a 6-5 vote against him squashed that plan.

Knack said given that result, "it likely wouldn't have passed," but he said it was still worthy of discussion.

As an adviser on the youth council, he said his priority

now is to make sure that the 19 young members of the body don't feel too disenfranchised.

"As frustrating as this experience was ... I want them to continue to bring forward anything important to them," he said, adding it's their mandate from council to do so.

"We said we want them to bring forward recommendations," Knack said, adding: "Nowhere in the bylaw did it say, 'Bring forward things we would agree with.'"

IN BRIEF

Farming community memorial for sisters

About 500 coloured helium-filled balloons were released into the air when a small Alberta farming community paid tribute to three young sisters smothered last week in a load of canola seed.

Hundreds crowded into the Withrow Gospel Mission, west of Red Deer, on Sunday to honour the memories of Catie Bott, 13, and her twin 11-year-old siblings, Jana and Dara Bott.

The girls were fatally injured last Tuesday while

playing on a truck loaded with grain at their farm.

They will be buried on Friday at Crossroads Church in Red Deer.

Many in the community considered the sisters members of their own extended family.

"We all went to each other's house after church every Sunday," said Bailie Burns. "We'd always see each other."

"We would paint and cook together," said Adelita Studer, Jana's best friend. "She was just perfect." CTV CALGARY

Business group outline aims

CHAMBER OF COMMERCE

Proposals include trade pact, pipeline, carbon tax

The Canadian Chamber of Commerce is urging the next federal government to implement a suite of initiatives, including changes to the Canada Pension Plan and the adoption of a national carbon tax aimed at cutting greenhouse gas emissions within 35 years.

The business organization, which represents chambers and boards of trade across the country, says the policy changes were part of 49 resolutions adopted at its annual meeting over the weekend.

It's calling on the federal government to work with provinces on a new tax, or legal limit, that would lead to a "substantial reduction" in greenhouse gas emissions by 2050, though the chamber didn't provide any specific goals in its announcement.

The chamber is also pushing for reforms to the Canada Pension Plan that would let employees contribute higher amounts.

It is also asking for "favourable conditions" to support TransCanada's Energy East Pipeline, a proposed development that would have the capacity to transport 1.1 million barrels of crude oil per day from Alberta to refineries and ports in Eastern Canada.

Among the other resolutions was support to finalize the Trans-Pacific Partnership and an initiative to streamline applications under the federal temporary foreign workers program.

"We expect the new government to put Canada's competitiveness at the top of its list of priorities," said

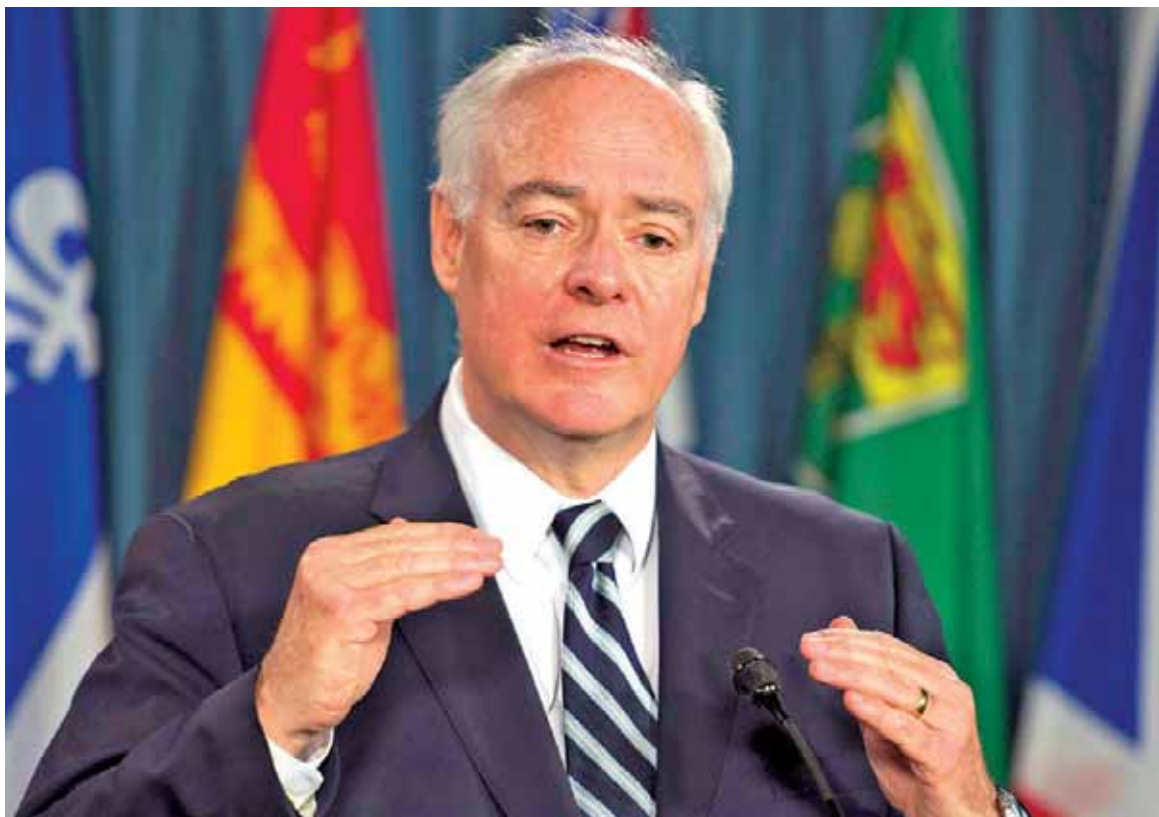
chamber president and CEO Perrin Beatty in a statement.

"With these new resolutions that cover a wide array of topics, we're ready to present the priorities of the business community to the new government."

THE CANADIAN PRESS

"We expect the new government to put Canada's competitiveness at the top of its list of priorities."

Perrin Beatty



Perrin Beatty, President and CEO of the Canadian Chamber of Commerce, speaks about the Trans-Pacific Partnership during a news conference in Ottawa, Monday October 5. ADRIAN WYLD/THE CANADIAN PRESS

LUFTHANSA

Gangster on trial for heist that inspired 'Goodfellas'

An aging gangster went on trial Monday on charges he was in on the \$6-million Lufthansa holdup in 1978, a legendary theft dramatized in the hit film Goodfellas.

The brazen armed robbery of cash and jewelry in the dead of night at a cargo terminal at Kennedy Airport was "the score of all scores" for Vincent Asaro and other mobsters of his generation, Assistant U.S. Attorney Lindsay Gerdes said in opening statements in federal court in Brooklyn, N.Y.

Asaro, 80, aligned himself with heist mastermind, the late James "Jimmy the Gent"

Burke — played by Robert De Niro in the 1990 Martin Scorsese film — "because he knew Burke was someone he could make money with," Gerdes said. "Jimmy Burke and Vincent Asaro were true partners in crime."

Defence attorney Diane Ferrone countered by accusing the government of relying on the testimony of untrustworthy turncoat mobsters, including a close associate of Asaro's cousin, Gaspare Valenti. She labelled the cousin a con artist who became a paid government informant in the late 2000s.

THE ASSOCIATED PRESS



In this 2014 courtroom drawing Vincent Asaro is at federal court in New York.

THE ASSOCIATED PRESS FILE

IN BRIEF

TD review streamlines Canadian operations

Toronto-Dominion Bank is eliminating some jobs and changing others as part of a company-wide review.

THE CANADIAN PRESS

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Migrants walk toward Slovenian police after crossing from Croatia, in Brezice, Slovenia, on Monday. SANTI PALACIOS/THE ASSOCIATED PRESS

Migrants hit Croatia

CRISIS

Border opened to let refugees keep moving to Slovenia

Thousands of people trying to reach the heart of Europe surged across Serbia's border into Croatia on Monday after authorities eased restrictions that had left them stranded for days in ankle-deep mud and rain.

The wave of humanity left

behind a field scattered with soaked blankets, mud-caked clothing and water-logged tents as they headed for Slovenia, the next obstacle to their quest to reach richer European Union nations via the Balkans.

Monday's surprise move allowed an estimated 3,000 more migrants to enter Croatia bound for its small Alpine neighbour, which also has been struggling to slow the flow of human-

900

Number of migrants estimated to have reached Austria through Slovenia on Monday.

ity across its frontiers — and faced another wave of trekkers seeking to reach Austria and Germany to the north.

"Without any announcement, the borders opened. When the borders opened, everybody rushed," said Melita Sunjic, a spokeswoman for the UN refugee agency.

Many had discarded their mud-soaked socks and walked only in sandals or slippers through the

ankle-deep muck in a driving rain, frigid winds and fog.

Croat police stood aside to permit asylum-seekers by the thousands to walk toward buses for transport north — where they would become Slovenia's problem.

Croatia's prime minister, Zoran Milanovic, said conditions on the poorly sheltered Serb side of the border had quickly grown unbearable.

"It's apparent that this is no solution, so we will let them through. We will send them toward Slovenia," Milanovic said. THE ASSOCIATED PRESS

GERMANY

Violence erupts at anti-Islam rally

Violence flared in the eastern city of Dresden after German anti-Islam group PEGIDA staged a rally to mark its first anniversary Monday.

Scuffles broke out when police tried to separate far-right protesters and counter-demonstrators attempting to block their path. Marko Laske, a spokesman for city police, said one person was hospitalized and a counter-demonstrator was detained.

Dresden authorities had warned ahead of the protest that they would crack down hard on violence, amid growing concern in Germany that PEGIDA — whose name stands for "Patriotic Europeans against the Islamization of the West" — is becoming more radical.

German officials accuse the group of trying to capitalize on fears of immigration amid an unprecedented influx of refugees to the country.

Many in the crowd held

banners with slogans such as "Refugees not welcome." Speakers who touched on the issue of migration elicited chants of "Send them back."

Germany's top security official warned that groups such as PEGIDA were paving the way for violence, citing a sharp increase in attacks on refugee shelters this year and a week-end knife attack on a leading candidate to be mayor of Cologne. The attacker told police he acted out of anti-foreigner motives.

Interior Minister Thomas de Maiziere told public broadcaster ARD late Sunday that the domestic intelligence service was monitoring PEGIDA and called its leaders "hard far-right extremists."

Monday's protest drew a bigger crowd than the previous week, when some 9,000 joined the rally. Organizers claimed almost 40,000 attended.

THE ASSOCIATED PRESS



Protesters attend an anti-Islam demonstration in Dresden, eastern Germany, on Monday. JENS MEYER/THE ASSOCIATED PRESS

DEMOCRACY

Half-holiday fails to woo Egyptians to vote

Egypt gave government workers a half-day off on Monday in an attempt to boost low turnout in the first legislative elections since a chamber dominated by Islamists was dissolved by a court ruling in 2012, but there was no sign of increased activity at polling stations.

Monday is the second day of voting in 14 provinces. Voting in Egypt's other 13 provinces, including Cairo, will take place next month.

Final results are scheduled to be announced in December and the 596-seat chamber is expected to hold its inaugural session later in the month, thus completing a three-phase political roadmap announced by President Abdel-Fattah el-Sissi when, as military chief, he ousted Islamist leader Mohamed Morsi in July 2013.

The first two phases were drafting and adopting a new constitution by January 2014, replacing a charter mostly written by Morsi supporters and which had an Islamist slant. Presidential elections, which el-Sissi won last year, were the second stage.

“

Unfortunately the youth aren't coming out. Us old people are.

Retiree Fatima Salam

The parliamentary elections are widely expected to result in a rubber-stamp assembly supportive of el-Sissi. A low turnout would indicate growing dis-

illusionment or distrust of the political system under his rule.

Prime Minister Sherif Ismail was quoted by the official Middle East News Agency as saying turnout in Sunday's voting was between 15 and 16 per cent. Some half-dozen judges interviewed on Monday gave roughly the same figure.

The figures given by officials, however, appeared to be much higher than the coverage by TV news networks would suggest. State media has acknowledged that turnout was generally weak on Sunday.

Associated Press reporters who toured polling centres across Giza on Sunday and Monday said that, unlike in elections held since the 2011 uprising that toppled autocrat Hosni Mubarak, there were no long lines. THE ASSOCIATED PRESS



Soldiers inspect voters' documents outside a polling station in Fayoum, Egypt on Monday. EMAN HELAL/THE ASSOCIATED PRESS

IN BRIEF

Eritrean slain by mob was mistaken for a Palestinian

The death of an Eritrean migrant who was shot and beaten by a mob that mistakenly believed he was a Palestinian attacker set off a round of soul-searching Monday amid the jittery atmosphere sweeping Israel in a wave of unrest.

Some critics accused Israel's leaders of fostering the charged climate, while others called for the swift prosecution of the crazed mob.

Nine Israelis have been killed in the past month in the attacks, mostly stabbings. At least 41 Palestinians have been killed — including 20 identified by Israeli authorities as attackers; the rest were slain in clashes with Israeli forces. THE ASSOCIATED PRESS



Trans Canada in harm's way

WELLNESS

Documentary shows access to transgender health care is bumpy at best

Henrietta Walmark
Metro | Canada



"I didn't think I would live past 30 at that point," AJ Ripley, a gender ambiguous person, says in the Vice Canada documentary *On Hold: Investigating Transgender Health Access in Canada*.

Ripley is seen standing in front of a portrait of their pre-transition self in the Marie Fox exhibit at the Beaverbrook Art Gallery in Fredericton, N.B. "I was 28 at the time and didn't imagine I would make it to 30. So as a 30-year-old standing here in an entirely different body, and looking at those eyes, I just want to hold that person and tell them that it's going to be OK."

It's a vulnerable moment in contrast to Ripley in the opening scene of *On Hold*, which they host and co-produced. (Ripley is non-binary and prefers the pronouns they/them/their(s).) The trans activist is on



AJ Ripley is a non-binary trans-masculine PhD student fighting for the funding of proper health-care services in New Brunswick. ALL PHOTOS: SARAH THOMAS MOFFAT

the phone trying yet again to schedule a meeting with New Brunswick's minister of health, Victor Boudreau.

Ripley wants a face-to-face meeting with Boudreau to discuss the health minister's comment that doctors don't need to service trans patients if they disagree morally and religiously with their identities.

New Brunswick is the only

province in Canada that does not offer any funded procedures to transgender people. *On Hold* uses that fact as a jumping-off point to examine transgender health care access across the country.

"I'm one of the people who is waiting for surgery," Ripley tells Metro in a phone interview from Fredericton. "It's a really precarious position

to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it.

"Anywhere else I could apply and go through the paperwork and get it covered, but because my government doesn't pay for it, I have to crowdfund. That can feel like a shameful experience."

While other provinces offer some access to some surgeries, Ripley says that even in Ontario, which has one of the best trans health-care models, "there are still a lot of problems because of under-

staffing, lack of education and prejudice."

"When you're trans, your life really becomes your cause," says Ripley. "You're an activist from the time you wake up until the time you go to bed, unfortunately."

When allies ask how they can help, Ripley suggests sharing information on social media. "What I tell people is to like my article about what it's like to be a trans activist online. Put it on your (Facebook) wall if you're cisgender, heteronormative people. It might not receive a ton of likes but it doesn't mean people aren't reading it or engaging with it."

"It means the world to me to know that I have 50 or 60 people sharing this documentary in their social media realm," says Ripley, "knowing that will snowball to thousands of other people."

The trans activist was finally able to meet with the New Brunswick health minister, but Boudreau asked for

patience until a budget review late in October. "At that time if he doesn't show us that he's trying to find a solution for trans people in the province, we'll have to ramp up our activism," says Ripley.

"Dr. Edgar in the documentary does say that what we've learned statistically through a number of surveys is that waiting equates to death," says Ripley. "So access to trans health care and gender reassignment surgery is not trivial or optional or elective, it's really a matter of life or death. People that spout ideas about these surgeries being cosmetic, I hope that they read more or watch the documentary and realize the damage in that narrative."

LEARN MORE

On social media

- Watch the documentary *On Hold* on YouTube or at vice.com.
- Follow AJ Ripley on Twitter @gender-unicorn and on their blog, *Trans Canada (My Way)*.



“It’s a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won’t pay for it.”

Transgender activist AJ Ripley



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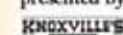
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West's rant highlights app issue

KIDS' GAMES

In-app purchases problematic for parents

Toronto single mom Robyn Holmes sympathizes with Kanye West.

Like the hip-hop star, who recently dropped an F-bomb on Twitter over in-app purchases for kids' mobile video games, Holmes has been burned by her young child inadvertently racking up a bill on her tablet.

In Holmes's case, her then-four-year-old daughter was playing Angry Birds and clicked on over a dozen in-app purchase prompts to advance to new levels.

"Then I start receiving these emails on my device, 'Thanks for your purchase,' and I'm like, 'Oh my God, what purchase?'" recalls Holmes, an IT problem manager.

"I look and all of a sudden I've got this \$80 bill for stuff that she's bought."

Holmes didn't realize that certain settings on the tablet allowed her daughter to make in-app purchases. She's since learned her lesson — one that West clearly just did as well, based on his recent tweet that started with an expletive and then derided "any game company that puts in-app purchases on kids games!!!"

"That makes no sense!!! We give the iPad to our child and every 5 minutes there's a new purchase!!!" West continued in another tweet.

"If a game is made for a 2 year old, just allow them to have fun and give the parents a break for Christ sake."

Actor Jack Black has also been affected by costly in-app purchases, lamenting on The Tonight Show Starring Jimmy Fallon in May that his young



Kanye West recently ranted on Twitter over in-app purchases on North's games. Some parents have bills for hundreds of dollars after their kids too clicked on purchase prompts. GETTY IMAGES

son spent \$3,000 on just one game.

In-app purchasing is typically available in games that are advertised as free to download. Sometimes just the first few minutes of play are free, or users may be tempted with the option to buy more lives, bonus features or premium content with real money.

Digital media expert Aimee Morrison, associate professor of English at the University of Waterloo, says the problem improved somewhat after developers of "free" games started indicating in app store descriptions when in-app purchases were available.

But the total cost of in-app purchases can vary wildly, she adds. Some games offer dozens

of hours of fun for just a few bucks, while others require substantially more.

The biggest piece of advice from experts is for parents to change settings on their devices to prevent children from making such purchases.

Parents can also seek out kids' games that don't have such traps.

Toronto-based studio Sago Sago, for instance, makes apps that are free of in-app purchases and third-party ads for children ages two to four. Instead, most of the apps cost \$2.99 for the entire game upfront.

"It creates challenges for us but the reality is that we've won the trust of a lot of parents," says CEO Jason Krogh.

Morrison says she would

like to see more transparency from developers, with kids' apps disclosing how much it would cost to achieve full functionality in a game.

The Samuelson-Glushko Canadian Internet Policy & Public Interest Clinic, based at the University of Ottawa, has defended several clients dealing with this very issue.

Director David Fewer says one client had a child rack up over \$800 in purchases on what was at the time a popular kid-focused gaming platform.

"Usually the first response is to go back to whoever it is that's taking your money and say, 'We didn't agree to this. You shouldn't be charging me this. This is outrageous,'" says Fewer. "And usually the

companies are good enough to reverse the charges."

Fewer says he'd like to see more safeguards in place, such as a secondary confirmation prompt telling the card holder that their account is about to be used.

"Because it is abusive of consumers," he says. "Most people will contest an \$800 bill, but how many people will contest an \$8 bill or even an \$80 bill?"

Count Holmes among those who "ate the cost" of the bill and learned from it.

"I should've been more aware," she says. "I went online and I told all my friends ... and they were all like, 'Oh my God, I didn't even think of that.'" THE CANADIAN PRESS

+ HEALTH

Cost of funding IVF in Quebec a cautionary tale, study says

The cost to Quebec taxpayers for a single baby born to a woman aged 40 and older ranges from almost \$45,000 to more than \$100,000 under the province's publicly funded IVF program, a study has found.

And while no live births were recorded for women age 44, the mean cost of failed in-vitro fertilization among this age group hit almost \$600,000. Those findings, say researchers, represent a cautionary tale for any other jurisdiction considering whether to fund a similar program.

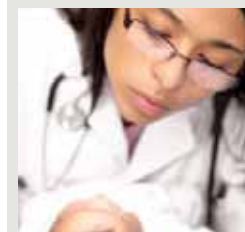
In 2010, Quebec became the first jurisdiction in North America to cover the costs of IVF for couples unable to conceive on their own. The program funds three cycles of the procedure — stimulating ovulation, egg retrieval and embryo transfer — that results in a live birth.

The actual cost is higher: the program does not reimburse patients for medications needed for IVF, which typically run between \$3,000 and \$5,000 per cycle and are often paid for by private insurance.

In all, 246 babies were born to women 40-plus during the 2010-2012 study period, said lead researcher Dr. Neal Mahutte, medical director of the Montreal Fertility Centre.

Researchers found that each live birth achieved through IVF for women aged 40, and using their own eggs, cost the government \$43,153, a figure that increased exponentially with age, reaching almost \$104,000 for 43-year-olds.

In contrast, IVF treatment that resulted in a live newborn for women under age 35 averaged \$17,919, say the researchers. THE CANADIAN PRESS



A single live IVF birth for women over 40 in Quebec costs \$45K to \$100K. ISTOCK

STUDY

More myopia seen in first-borns, research says



Welsh researchers have found a link between eye problems and birth order. ISTOCK

First-born children have a 10 per cent greater risk of developing myopia compared to their siblings, according to research undertaken in Wales. The researchers point to a possible connection with parental investment in education.

Myopia in children is becoming increasingly prevalent in most countries and is proving to be a major challenge in public health terms.

While certain factors have been identified as triggers for this condition, such as gen-

etics and the amount of time spent outdoors and indoors, a new study highlights a link between myopia and birth order.

Researchers at Cardiff University in Wales undertook a study using data from the UK Biobank database involving 89,000 participants aged between 40 and 69. None of them had had a family history of myopia, thereby removing any genetic factor that could affect their sight.

The researchers compared the participants' vision assess-

ment and their risk of myopia by studying their birth order in the family.

Greater parental investment and the increased influence of educational criteria in the early childhood of first-born children could mean they are more exposed to factors triggering myopia, say the researchers.

The more studying the first-born children do compared to their siblings, the greater the difference in sight between them, reports the study. AFP

The science of lovesickness

INTERVIEW

Rejection's impact on the brain explored in new doc

A painful ache in your heart. Depression. Inability to stop crying. These are all symptoms of a paralyzing illness that affects people all around the world — it's called lovesickness.

Biological anthropologist Helen Fisher is an expert on romantic love who has studied the effects of romantic rejection on the brain. She is also the lead scientist in a new documentary, *Sleepless in New York*.

Describe the science behind lovesickness.

(Through brain scans of 17 people dumped recently), we found activity in a brain system that is completely linked with deep feelings of romantic love for the person. So when you've been dumped, you still continue to love them. We also found activity in a brain region linked with attachment, so even though they've dumped you, you still feel a feeling of deep attachment to this person. We also found activity in three brain regions linked with cravings. And one of those three is the main addiction centre for all drugs of abuse. Last but not least, we found activity in a brain region linked with the anxiety that goes along with rejection but also linked with pain.

Is romantic love addiction?

It is an addiction. The addiction centres become active.

How dangerous can romantic rejection be?

Well, if you kill yourself, that's the finale of your life on Earth. If you kill someone else, that's the finale for them. If you're stalking someone, you're terrifying them. And if you slip into clinical depression, you don't get out of bed.

Is there a formula for overcoming romantic rejection?

I would treat it as an addiction. Throw out the cards and letters. If you're giving up alcohol, you don't keep a bottle of vodka on your desk. Don't write. Don't call. Don't ask that person's friends about them.

TORSTAR NEWS SERVICE



The documentary *Sleepless in New York* by director Christian Frei follows people who have been rejected by their lovers in the days and weeks following their breakups. HANDOUT

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STUDY

Parents now advised to introduce allergenic foods earlier

Parents should be feeding their babies potentially allergenic foods to ward off serious allergies, suggests a new review of recent evidence.

The review, published Monday in the Canadian Medical Association Journal, states that most babies at four to six months of age can begin eating these foods, which include cow's milk, soy, peanuts, tree nuts, eggs, wheat, fish, shellfish and sesame.

And once those foods have been introduced, it's important the baby continue to eat them on a regular basis or an allergy could develop.

"We're in the midst of a food allergy epidemic, so prevention is really important," said co-author Dr. Elissa Abrams of the University of Manitoba's department



In the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy.

Dr. Elissa Abrams

of pediatric allergy and clinical immunology.

In the past, parents of babies at high risk of developing allergies were advised to wait 12 months to 36 months before introducing commonly allergenic foods.

"At the time we thought that if you allowed the infants' immune system and gut to mature it would decrease the chance that they would become allergic," said Abrams, who co-authored the review with Dr. Allan Becker.

Instead of food allergy rates

dropping, as was expected, there was an increase in some areas.

"For example, in the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy," said Abrams.

Later studies "found that giving the foods late did not prevent allergies and in fact may actually increase the risk that these children would become allergic."

Groups including the Canadian Society of Allergy and Clinical Immunology now call

for introducing peanuts to high-risk kids at between four and 11 months of age.

The new review does suggest it might be advisable for parents to visit an allergist if there is a history of allergies in the family.

A recent survey of Canadian households found that eight per cent, or one in 12 families, reported at least one food allergy.

Researchers have also learned more about what could be causing food allergies.

"We now think that you can actually become allergic through your skin, specifically broken skin such as in children with eczema, if they're exposed to these foods in the environment and not already eating them," Abrams said.

"So that's why the guidelines

have shifted so dramatically from the old guideline, which was wait, to the new guideline, which is there is no need to wait."

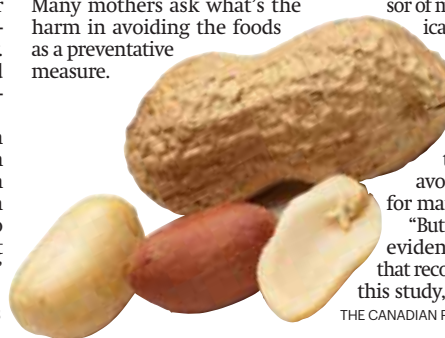
Current guidelines say mothers don't need to avoid foods that commonly cause allergies while pregnant or breastfeeding. Many mothers ask what's the harm in avoiding the foods as a preventative measure.

"There is a harm," said Abrams. "In some of the studies, when moms avoided foods when they were pregnant, they were at an increased risk of having small children and having children that were born early."

Dr. Susan Waserman, professor of medicine in the clinical immunology and allergy division at McMaster University, said in her clinic they haven't been telling parents to avoid allergenic foods for many years.

"But we never had good evidence even to make that recommendation until this study," she said.

THE CANADIAN PRESS



Popcorn: No longer just for movies and ball games

TREND

The new it-food is salty, sweet, or served with smoked trout

Popcorn is having a moment. It's increasingly appearing on menus in high-end restaurants and artisanal shops are dreaming up dozens of ways to dress up the nostalgic movie-time snack.

"I think popcorn is a really special ingredient," says pastry chef Farzam Fallah of Richmond Station restaurant in Toronto, which sometimes features desserts with popcorn ice cream.

"I think it's just a new ingredient to be more heavily explored."

One dessert he's served is based on Cracker Jack and teams sticky toffee pudding, peanuts, cream ale foam and popcorn ice cream. Another is influenced by movie theatre snack bars — a serving of popcorn ice cream, chocolate cake, cola meringue, Twizzlers puree and Skor candy bar mingled on a plate.

When popping the corn, he burns it slightly because "burned popcorn translates way better in flavour." He then steeps the corn in an ice-cream base and strains it out so all that's left is butter popcorn flavour.

Christine Couvelier, whose Culinary Concierge company helps clients build their brands and keep ahead of market trends, predicted last December that popcorn — in fun flavours or as a creative ingredient — was on the trend horizon.

"It has arrived and I also think it's going to continue to be something to watch for next year too," she says from Victoria.

She's had popcorn drizzled with olive oil in an appetizer with avocado, smoked trout tartare



The recipe makes eight to 10 servings. COURTESY LISA GNAT AND JULIE ALBERT, BITE ME MORE

and house-made chips.

"It was a really interesting texture combination to put on that plate," she recalls.

Rob Bragagnolo, chef at Marben restaurant in Toronto, likes the texture and crunch popped grains add to food. He pops quinoa, chickpeas, wild rice and millet in addition to corn.

"Even things like ceviche, adding a bit of popcorn is quite cool in the summer.... I've seen it anywhere from a bar snack with an interesting sort of flavour topping to being an ingredient in a dish, both for different texture and for something that's a bit more unusual.

"I think there's a bit of nostalgia there for a lot of chefs who use it because it's such a childhood flavour and memory."

At Toronto Popcorn Company, co-owners Joseph and Caramhel Villegas concoct more than 50 flavours. This fall, they're introducing pumpkin spice and autumn delight, which has a riot of fall colours and a mixture of flavours such as green apple,

orange peel, banana and grape.

Their spiciest offering, buffalo kick, and cookies-and-cream are bestsellers. And the recent post-season excitement generated by the Toronto Blue Jays prompted a party planner to order a mixture of blueberry and white cheddar popcorn to mimic the team colours.

Pretzel Popcorn

In this sweet and salty treat created by Lisa Gnat, popcorn and pretzels are tossed with a caramel sauce, baked and then drizzled with melted chocolate.

- 3 l (12 cups) unsalted popped popcorn
- 625 ml (2 1/2 cups) mini pretzels
- 250 ml (1 cup) brown sugar
- 125 ml (1/2 cup) butter, cubed
- 50 ml (1/4 cup) light corn syrup
- 2 ml (1/2 tsp) kosher salt
- 1 ml (1/4 tsp) ground cinnamon
- 2 ml (1/2 tsp) baking soda
- 125 g (4 oz) white chocolate, melted
- 125 g (4 oz) semi-sweet chocolate, melted

1. Preheat oven to 120 C (250 F). Line a baking sheet with parchment paper. Coat a large mixing bowl with non-stick cooking spray and place popcorn and pretzels in the bowl.

2. In a medium saucepan over medium heat, combine brown sugar, butter, corn syrup, salt and cinnamon. Bring to a boil, stirring constantly. Boil without stirring for 4 to 5 minutes. Remove from heat and stir in baking soda (mixture will bubble up a little). Quickly and carefully pour over popcorn and pretzels and toss using wooden spoons to mix. Spread over prepared baking sheet and bake for 1 hour, stirring every 15 minutes.

3. Remove from oven and transfer popcorn mixture to parchment paper to cool. Drizzle with melted white chocolate and semi-sweet chocolate. Let cool completely to let chocolate set. Store in an airtight container.

THE CANADIAN PRESS



Rose Reisman EAT THIS

THIS WEEK: McDonald's

In recent years, McDonald's has tried to include healthier menu items in an effort to change the perception that this massive chain only serves unhealthy junk food. Customers are demanding fresh and wholesome food, and McDonald's is coming to the rescue. But would-be healthful McDonald's customers beware — healthy-sounding items can be deceptive, especially with dishes like the Keep Calm, Caesar On Entrée Salad Bowl.

PICK THIS



Sweet Chili Signature McWrap

Ingredients

Grilled chicken breast, Thai sauce, iceberg lettuce, cucumber, McChicken sauce, whole wheat flour tortilla

Calories 410

Fat 13g

Sodium 940mg

Carbohydrates 45g

SKIP THIS



Keep Calm, Caesar On Entrée Salad Bowl

Ingredients

Baby kale, lettuce, crispy bacon, Parmesan, croutons, fried chicken, Caesar dressing

Calories 730

Fat 53g

Sodium 1400mg

Carbohydrates 30g

HERE'S WHY

The fat equivalent of two Big Macs

This kale and romaine salad seems to be a healthy alternative but this Keep Calm Caesar salad is anything but. The nutrients of the baby kale won't outdo the damage from the "crispy" chicken — a.k.a. deep fried — the bacon and high fat creamy dressing, which alone contains over 200 calories and 22 g of fat! Take note — the nutritional information on the website doesn't add in the dressing. You may as well indulge in two Big Macs in terms of fat!



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LEARNING CURVE

Major decision

What should you consider if you are thinking about a new course of study

You spent a lot of time doing research when choosing your post-secondary program, but now you are almost two months into the school year and starting to realize that your current major may not be for you. According to Caitlin MacGregor, a Carleton University academic adviser, you aren't alone.

"Many university students end up changing their major," says MacGregor,



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who works at the Ottawa-based university's Student Academic Success Centre. "It's really common. Before you switch, I would recommend finishing the fall-winter semester to really get an idea of the post-secondary experience and decide by spring."

When talking major switches, MacGregor says, it is essential to differentiate between switching a major and switching a degree.

The former, which involves transferring, for example, from one bachelor of arts program to another, isn't too complicated. Changing your degree entirely, meanwhile, comes with a unique set of challenges.

"It definitely takes more research," she says. "You would actually have to apply to the program and that means looking at prerequisites, admission averages and essentially

starting over for the most part."

Switching majors within the same area of study, on the other hand, requires consideration of whether your current credits will count in the new program, whether the program has unique prerequisites that you may not have obtained in your Level 100 courses, the GPA you need, and the types of assessments you may encounter.

"Within different arts programs, for example, you're looking at very different skill sets and assessments," MacGregor says. "Your current program may see exams that typically contain multiple choice, while the program you are interested in would require you to write essays. Know what you're getting into, your learning style, and how that major fits into your strengths and abilities."

In addition to your own research, MacGregor says, turn to on-campus resources such as academic success centres and career services, where advisers will be able to answer all of your questions and bring considerations to your attention that you may have overlooked.

"Even if you don't start post-secondary off on the right foot, you can move into it," MacGregor says. "Decide what you're passionate about and go from there." — Izabela Szydło

Train for a recession-proof career path

As a Director of Campbell College, a private, accredited post-secondary school specializing in an 8-month Administrative Professional Diploma program, I am proud to currently maintain 95 per cent employment success rates while our province and country is experiencing an economic downturn. Our graduates are successful because well-skilled administrative workers are the backbone of all organizations. Can you imagine if either the Government of Alberta or the City of Edmonton lost its ad-

ministrative support workers? Services would cease and departments would (literally) not function. Administrative work is essential to all industries and organizations, and positions continue to open as baby-boomers retire from office jobs.

Office Administration is a very lucrative and broad-based field with great diversity and potential for advancement opportunities; however, the job market is very tight and competitive at this time, and the bar is set high for

applicants. Campbell College has 29 years' experience training administrative professionals, and long established employer partnerships with government, non-profits, and private industries. We know exactly what educational requirements you need, and we train our students for employment success accordingly.

Our 8-month, full-time program focuses on enhancing clerical, and computer skills, plus equally important communication and interpersonal skills that build self-confidence. It is

imperative that you are able to market yourself with confidence. Our 2-month work practicum is a "foot-in-the door" opportunity to develop valuable experience, references, and networking contacts.

If you're looking for a comprehensive program that will quickly provide you with the skills needed to work in office administration, call 780-448-1850 to book an information session. Next program starts Nov. 2, 2015. See online at campbellcollege.ca.

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4 questions you should ask at an open house

Open house events can be overwhelming, so we want to help you prepare. Even if you're still unsure about your future, you can make smart decisions about your education — you just need to ask the right questions.

Here are some tips to help you make the most of your visit to MacEwan University's Open House on Saturday, Nov. 7.

1. What program should I take to become a ____?

Ask faculty and advisors at the program booths about career options.

Also, visit booths for programs that may not initially appeal to you — you might be surprised at what interests you.

2. What can I do with a certificate/diploma/degree in ____?

Again, talk to our staff and faculty. Ask what credentials the program offers, what previous students have done with them, and what employers and/or graduate schools are looking for.

3. What's the difference between university and high school?

In high school, things like admissions, registering for courses and paying for textbooks are handled for you.

University's a different story. It's up to you to figure what you want to do, where you need to be and when, and how to get what you need.

Ask us about what you'll need to do as a university student.

4. How will I know if I'll like it here?

Going to Open House is the first step to finding out. Meet with faculty and advisors. Explore classrooms, labs and other facilities. Talk to volunteers (many of whom are current students).

"A post-secondary education will likely be one of the most expensive purchases you ever make," says David Fisher, a member of the university's recruitment team. "Most people wouldn't buy a car without test driving it, so why should someone choose a post-secondary institution without getting a feel for the campus and the atmosphere?"

A profession that values social justice

The Faculty of Social Work, University of Calgary (located in Edmonton) is one of the largest faculties of social work in Canada and has offered social work degree education for close to 50 years.

"Social work is a value-based profession that emphasizes social justice and the inherent dignity and worth of all individuals," says Rick Enns, associate dean, Central and Northern Alberta Region, Faculty of Social Work, University of Calgary.

"A degree and career in social work is ideally suited for individuals committed to these values and to achieving social justice and well-being, and social workers find employment in many different areas of practice."

The Faculty of Social Work is a leader in social work education across the country and offers a wide variety of innovative programs to support new or returning students at the BSW, MSW and PhD levels.

These include full-time weekday programs



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in Edmonton, Calgary and Lethbridge, week-end, block week and online courses, and site-based delivery (currently) in Grande Prairie, Red Deer, Peace River and Medicine Hat.

The Faculty of Social Work is currently accepting applications for the BSW program for September 2016.

The deadline for applications is March 1, 2016. The next intake for the MSW program offered out of Edmonton is September 2017, and applications will open in September 2016.

For more information about the University of Calgary, Faculty of Social Work in Edmonton, visit fsw.ucalgary.ca/central-and-northern

Aging population demands more health-care workers

Train for a rewarding, in-demand career as a health care aide.

As of 2011, Canada's senior population (ages 65 or over) stood at five million. According to the Government of Canada, this number is expected to more than double by 2036 and by 2051, one in four Canadians are expected to be over the age of 65. But this rapid growth of the aging population is indicative of an expanding sector.

With shortages expected to increase in both public and private sectors, candidates who possess strong techniques and work experience will have a significant advantage over others.

Reeves College's Health Care Aide program offers technical hands-on training through practicum placements in assisted living and clinical care settings, which allows students to develop and master their skills in real-world situations prior to entering the workforce.

Programs and courses are also conducted with smaller class sizes. By doing so, instructors will become more accessible, which will allow them to address students' questions and provide feedback immediately. The student-focused environment also promotes effective



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communication and collaboration through intimate classroom discussions.

Choosing the right college that can offer you the support and student-focused environment you need can help maximize your education and career.

For more information on Reeves College's Health Care Aide program, call 1.800.533.1457 or visit study.reevescollege.ca

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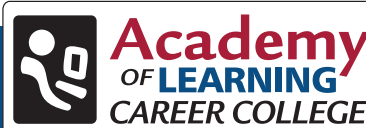
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Become actively engaged

Heavy course loads can be intimidating, especially for first-year students who may not be accustomed to them. That's why, Roxanne Ross, the manager of the University of Calgary's student success centre, says seeking help to find a balance should be part of your transition to the demands of post-secondary academics.

"Lots of students go through periods where the workload feels overwhelming, but they don't even need to wait for a problem before seeking help," Ross says. "Figuring out your study style or asking for time management tips is part of being actively engaged."

Post-secondary institutions, Ross says, have student success centres, which may offer workshops and employ professional



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advisers to help students sort through academic issues. However, she also advises speaking to professors and instructors if you have course content concerns.

"Office hours are for one-on-one interactions with your professor, so take advantage if you are falling behind because you don't understand something in

the course," she says. "In extreme circumstances, it is also a good idea to talk to instructors about extensions. That's an important communication strategy."

One of the most crucial factors, Ross says, in managing your workload is creating a balance between time and study strategies. So while there will be times when you have to study on weekends, some planning ahead can help you make it to that party on Saturday.

"The simplest things can make the most difference," Ross says. "For example, plan out your semester with some kind of visual calendar that includes anything in your life that will require your attention. That way, you can start projects and assignments with enough time."

And, Ross says, while study groups are effective because they expose students to different problem-solving skills, as well as the ability to teach concepts, which can help to process academic material, she cautions against falling into the traps that come with creating study groups with friends.

"It can be a challenge to stay on task when studying with friends," Ross says. "If you're going to, you all need to agree on the study group's structure and choose someone to facilitate so it's actually useful."

— Izabela Szydlo

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"Hands-on training is better than traditional methods because it gives you better experience," said Nicole G., a CDI College graduate.

Instructors at CDI College are also seasoned industry professionals so they can share their personal trials and experiences with students as well as walk them through various field-related questions or concerns they may have.

Paralegals are a necessity in every sector, let it be business or healthcare or art and design, which is why these professionals are in such high demand. According to the



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Government of Canada, the "unemployment rate is relatively low in this field." With the job outlook projected to continually increase over the next few years.

"CDI College has changed my life by helping me get a career earlier than I thought I would be able to," said graduate Roxanne G. "I would definitely recommend this program to other people looking to start a career in my field."

Train to become a valuable member of the legal community at CDI College's Paralegal program. Call 1.800.360.7186 or visit study.cdicollege.ca.

Conflict, hope, peace and public health: public lecture

Health is much more than not being sick. Health encompasses all aspects of our well-being, from mental to physical and spiritual to emotional health.

"Health," explains Izzeldin Abuelaish, "is in all places."

Izzeldin Abuelaish is an internationally recognized author, human rights and peace activist, and founder of Daughters for Life, a foundation that provides education and leadership training to girls and women in the Middle East, regardless of religion or citizenship.

The School of Public Health at the University of Alberta is hosting a public talk on the connections between conflict, hope, peace and public health on Wednesday, October 28 at 8:45 a.m. at Lister Centre.

"If we work together as individuals, institutions and communities, we can improve the health of humanity. I am committed to eliminating the gaps both within and between people and promoting health for all."

Join us during for this public talk with Izzeldin Abuelaish. Learn how he is protecting the health and well-being of individuals around the world. It's free to attend and every-



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one is welcome. We look forward to seeing you there. Be part of the conversation: #DRWLecture This event is hosted by the School of Public Health at the University of Alberta.

Date: Wednesday, Oct. 28 from 8:45 to 10 a.m.

Speaker: Dr. Izzeldin Abuelaish, internationally renowned author, and human rights and peace activist.

Location: Maple Leaf Room, Lister Centre at 11613 - 87 Avenue, Edmonton.

THIS SIDE UP ↑↑

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Training for the road construction industry

NAIT supports the road construction industry through our Roadbuilders Certificate program, developed in partnership with the Alberta Roadbuilders and Heavy Construction Association (ARHCA).

The Roadbuilders Certificate program delivers the professional development requirements of workers in the road construction industry and also provides training for individuals who are interested in entering the field.

"NAIT and the ARHCA have a strong and ongoing relationship in the development of training and professional development courses for new and existing employees in the road construction and maintenance sector," said Don Mah, NAIT Construction Engineering Technology program chair. "By joining forces, we developed a Roadbuilders Certificate program, which includes eight individual courses that support the member companies."

The Roadbuilders Certificate program provides the skills, knowledge and understanding that are necessary for careers in the industry. Students receive the necessary training

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- Surveying - Nov. 30, 2015
- Concrete Technology – Dec. 14, 2015

required to participate in the construction of public infrastructure and gain the broad technical understanding essential for a successful career in the road construction industry. Students learn to describe and implement engineering and construction best practices in the field of transportation, geotechnical applications and pavement materials.

Highly qualified instructors with years of industry experience teach courses in this career program in a classroom environment. Students who successfully complete all eight courses receive a Certificate of Completion from NAIT; this certificate is recognized by



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the ARHCA and is considered to be the go-to credential for individuals working in the Road Construction industry.

Graduates of the Roadbuilders Certificate program are typically employed by companies providing construction, maintenance, rehabilitation and related services in the office and field environments within the road construction industry.

With over 900 companies either working

in or providing services and materials to the roadbuilding industry in Alberta, the job opportunities and room for advancement are significant.

NAIT offers part-time evenings and weekends flexible learning options that allow students to fit classes around their personal and professional commitments.

To learn more about the program and to enrol visit nait.ca/ROAD.

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Midterms coming? No time to panic

With midterms around the corner, panic may be setting in for students who have been procrastinating. But, says Joanne Dominico, a learning strategist at Toronto's Centennial College, there is still time to study effectively.

"Students should be reviewing notes regularly within 24 hours of each class and at the end of the week because it helps to commit concepts from short to long-term memory," she says. "But, procrastination is so common that a major review can be done one to two weeks beforehand."

To successfully use the time left before midterms, Dominico suggests setting a study schedule that allows for breaks and contains goals as well as a list of exam topics, so you can first cover your weakest areas. That way, if you run out of time, you'll have studied the topics with which you were least familiar.

"Writing things down will make you more likely to do them," she says. "Also, studies show people who break up study times into smaller segments tend to retain more. Add 10-minute breaks for every hour of study. They'll also give you a chance to check

your phone, which should be on silent."

To maximize study times, says Dominico, try well-known methods, such as the SQ3R strategy for reading textbooks, which can easily be applied to midterm prep.

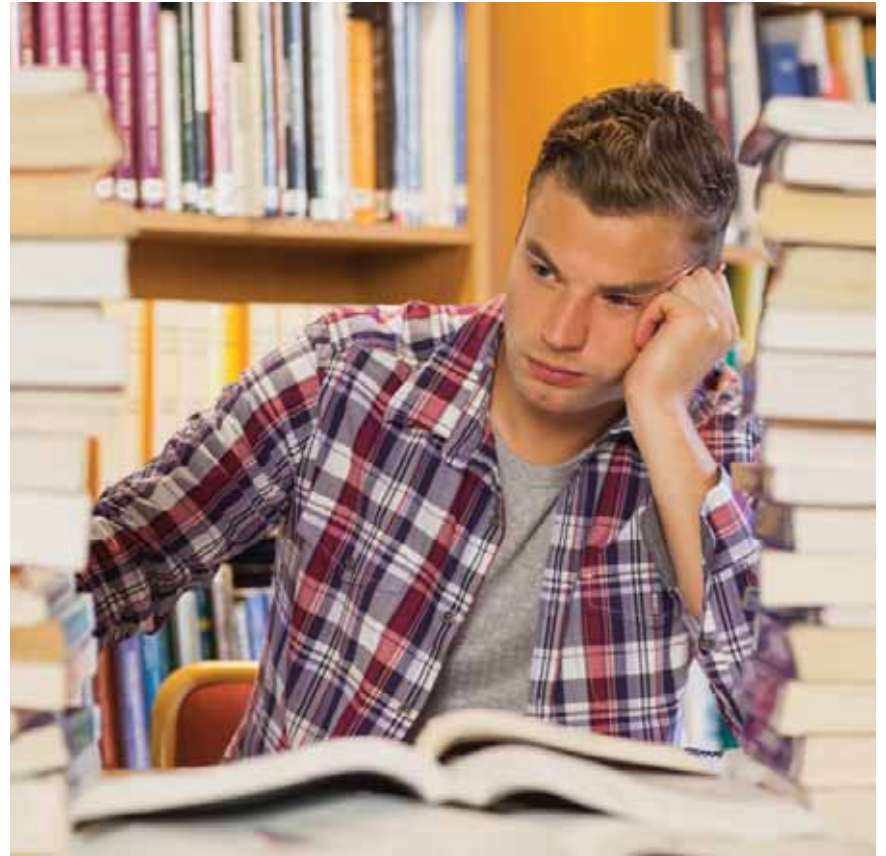
"The first S is for survey, so scan the intro, bolded points, graphs and conclusion," she says. "The Q stands for question. Most textbooks have questions, which you use to make flashcards. The first R stands for read. As you read, you look for the answers, which keeps you interested. When you find an answer, write it on the flashcard. Then recite out loud and review."

You should also remember, says Dominico, that you aren't alone. Check out your school's website or library to see what services are available to you.

And, once midterms are over, Dominico advises using the results to determine whether you need to rethink the way you prepare.

"If you're happy with your results, keep doing what you're doing. If not, you can tweak how you study until you find a style that works for you."

— Izabela Szydlo



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Time to upgrade your skills?



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Charlotte Bell was between jobs when she decided it was time to upgrade her skills.

While attending a school and career fair, Bell discovered Digital School Technical Design College and the possibilities that a career in CAD (computer aided design) could bring.

"I didn't really know what a CAD technician was but the more I heard the more I realized this career was a perfect fit for me," says Bell.

For Bell, the Digital School made the most sense for her and she enrolled in the architectural CAD technician program.

When Charlotte completes her program – which is under a year in length – she is hoping to work for a local architectural firm, but is also open to other opportunities such as surveying or technical illustration.

"The program offers a wider scope than any other similar programs available in the Edmonton area and due to the condensed nature of the programs there is no possibility of forgetting what I've learnt before I graduate," says Bell.

"I was also impressed with the hire rate of graduates from the school and that the school enters its graduates into the CAD technician registry."

Since starting the program, she says she would definitely recommend it to others.

"Although the program is intense, the skills you learn set you up to succeed at more than just being a CAD technician," says Bell.

For more information, visit digitalschool.ca.

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More space for higher demand

Robertson continues training for growing health care aide field

While trained health-care aides are continuing to remain in high demand, Robertson College is adding more space to their Edmonton campus to meet the growing demand in the market.

Priding themselves on offering quality HCA education (at a new low price), Robertson College HCA students are able to receive their certification quickly and be working in their field in under a year.

"Robertson College has trained nearly 3,000 HCA graduates and is considered a leader in HCA education in the province," says Henry Devlin, president and CEO, Robertson College.

"Our track record of producing quality job ready graduates is the main reason employers continue to call upon Robertson College when looking to hire new people."

A career as a HCA involves providing important assistance to a wide variety of patients including the elderly, injured or disabled persons who require support and care.

HCAs work in hospitals, supportive care facilities, and assisted living housing facilities.

The HCA program at Robertson College strictly follows the Provincial Health Care curriculum and fully complies with the requirements set out by the government.

"Relevant education that strictly follows the Provincial guidelines ensuring you the graduate will meet the expectations of an employer," says Devlin.

Students of this program will also study in



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a modern, state-of-the-art lab environment, equipped with Hoyer lifts, mobility devices and IV units, which give the students the relevant, hands-on skills to take to the workplace.

Before students complete the program, they are required to participate in a six-week practicum to gain real work experience before transitioning into their career.

"The practicum education completes the

classroom and lab exercises to give our graduates actual working hours in the industry," says Devlin.

"A large number of our practicum hosts hire directly from the class."

Robertson College education is currently delivered during the week and on weekends and available with day and evening schedules.

"Our classroom and online offerings



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provide our students every possible option to educate themselves," says Devlin.

"I would encourage every student considering going back to college to at least visit Robertson College and make an informed decision."

For more information about the health care aide program at Robertson College, visit robertsoncollege.com.



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A CAREER HELPING OTHERS

Camille Snow's desire to help others is what drove her to enroll in the community service and addictions worker diploma program at Academy of Learning Career College.

Before deciding to take this leap back to school, Snow was a stay at home mom.

"This program spoke to me right away — I

knew this was my chance to start something that would change my life, and others," says Snow. She chose Academy of Learning when a student advisor came to a young's mom group she attended and talked about the school.

Snow has found the instructors to be very knowledgeable about the field and says it is a

program that she would happily recommend to others. "With (the instructors) experience and training she has made this experience one I will never forget," says Snow.

Once Snow completes the program, she is looking forward to getting out in the workforce and making a difference in the lives of

others. "No matter what direction I choose, whether with kids, teens, adults or seniors, no matter where I go, I will be forever grateful of the education I have received," says Snow.

"I have really learned a lot about myself and the person I strive to be." This program is 51-weeks in length and graduates of this program are prepared to work in a variety of healthcare and social assistance environments. For more information, visit academyoflearning.ab.ca.

Continuing education at Edmonton public schools

Metro Continuing Education programs, part of Edmonton Public Schools, cater to both current students looking to upgrade or complete additional courses and adult learners looking to upgrade marks for post-secondary or complete the requirements for the Alberta High School Diploma or the Adult High School Equivalency Diploma.

Metro Continuing Education offers evening and weekend 10-, 20- and 30- level high school credit courses for current students and adult learners. These courses are Alberta Education High School credit classes which may be used to meet the requirements of the Alberta High School Diploma or the Adult High School Equivalency Diploma.

"We offer a variety of learning options to suit the different goals and lifestyles of our students," says Lindsay Marshall, marketing consultant, Edmonton Public School Board.

"These options include evening and weekend in-class programs, fast track intensive learning and self-directed learning."

The Fast Track program allows students to complete a 5-credit course in just eight weeks.

Tuition is free for students under 20 years of age (as of Sept. 1, 2015).

"Students enrolled in high school credit classes with Metro also have access to free tutoring, free career and academic counseling services and free registration in a var-



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ety of Academic Success Series courses designed to enhance learning strategies, exam taking skills and more," says Marshall.

In-class programs (Monday / Wednesday, Tuesday / Thursday or Saturday) are offered in a fall term (September – January) and winter term (February – June) – with the next term starting up in early February.

In-Class Fast Track programs (where students can complete a course in eight weeks) run four times per year - with next term of Fast Track classes starts Nov. 10.

Metro Continuing Education also offers a wide variety of Summer School programming where students can complete a 5-credit high school course in under four weeks.

For more information, visit metro-continuingeducation.ca.

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Digital nomads

Millennials are much less likely to define geographical boundaries

Jessica Wynne Lockhart

It's what some people might call the "sweet life."

After spending nearly a year in Prague, Geoff and Katie Matthews recently relocated to Mexico for six months. It's their 11th move since 2013; over the last two years they have uprooted their life every few months. Together, they have travelled to approximately 50 different countries, including driving from Croatia to Bosnia to Montenegro, exploring Scotland's Outer Hebrides, and living on a villa in Portugal.

How they do it? Or, more specifically, how do they af-

ford to do it? The answer is easy: For Geoff and Katie, travel doesn't equate to vacation. Instead, the two small business owners work from the road.

"We have done the 'save up, go travelling' a couple of times, but when we left Canada in 2013, the plan was to build businesses as we went," said Katie, 34.

Using her background in recruitment and PR, Katie started a business producing content and helping clients define their personal branding, while Geoff, 39, launched a video editing business. Both work remotely with clients around the world.

"I think our lifestyle actually shaped the business, rather than the other way around," Geoff said.

The Matthews are part of a



Geoff and Katie Matthews have uprooted their life every few months over the last two years. KATHLEEN L. MATTHEWS PHOTO

new business class of travellers — digital nomads. Previously, becoming location independent didn't seem feasible, except for those with freelance already in their job titles.

Today, it's estimated that more than 200 million North Americans are mobile workers, according to the International

Data Corporation. While no firm statistics exist on how many of these individuals are taking advantage of their ability to travel, the number of digital nomads is undoubtedly growing. By 2018, Staffing Industry Analysts estimates online staffing costs will jump to \$5 billion from \$1 billion annually.

Entrepreneurial millennials are much less likely to define their small businesses — or their lifestyles — by geographical boundaries. Instead, for these mobile developers, graphic designers, illustrators, writers, day traders and even online poker players, their mantra seems to be

"have Internet, will travel."

"My favourite part about this — aside from being able to work in your pyjamas all day — is really being able to immerse yourself in different cultures," Geoff said. "As far as an end game, it's a big question mark — the world's a big place and there's more to see."

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An ounce of prevention

Here are some ways you can help protect yourself so you're enjoying the season instead of nursing a seasonal sickness:

GET VACCINATED

Getting vaccinated is the best way to help keep influenza from interrupting your life. To learn more about the flu shot, visit your Shoppers Drug Mart Pharmacist or go to shoppersdrugmart.ca/flushot.

WASH UP

Fact: that shopping cart or doorknob you just touched could have germs that lead to a cold or flu. To make sure your hands are properly clean, rub them with soap and warm water for 15 to 20 seconds. If you aren't near a sink, have a hand sanitizer handy.

GET SOME REST

Getting at least seven hours of sleep a night helps you control the hormone cortisol, which is responsible for regulating your immune system. Some ways to help you fall



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asleep include avoiding rich meals right before bed, not drinking too many liquids before going to sleep and maintaining a regular sleep schedule.

A SOLID D

Living in a northern climate means we may be deprived of the vitamin D our immune system needs to function properly. Foods like milk and salmon are loaded with vitamin D, and you can supplement your diet with a multivitamin to help your body store the D it needs to help you stay healthy this season.

Already sick? Here's how to help yourself feel better

For your throat and chest

Your Pharmacist can recommend a product right for you. A product like Robitussin Cough Control Extra Strength with Mucus and Phlegm Relief soothes throats and helps relieve dry coughs and chest congestion.

For your sinuses

Otrivin® Saline is a natural nasal spray to unblock your nose. Breathe Right® non-medicated nasal strips can open up your nose instantly — and

they're available for kids, as well. Advil® Cold & Sinus can also give relief, opening your airways by shrinking swollen nasal passages and making it easier to breathe.

For your kids

If your little one comes down with a fever, Children's Advil® can give them up to eight hours of relief. Your Pharmacist can help you determine a product appropriate for your child's age and weight.



TAKE
THE
ICK

An illustration of a woman's face and upper torso, split vertically down the middle. The left half of the image has a light green background and shows the woman looking unwell, with a red nose, a tissue in her hand, and a grey robe. The right half has a green background and shows her looking healthy, smiling, wearing a white shirt and a pearl necklace.

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Goins gets tough as Jays erupt

MLB POST-SEASON

Toronto 2B joins Tulo, Donaldson in homer parade

Troy Tulowitzki, Josh Donaldson and Ryan Goins homered as the Blue Jays bats woke up Monday night, battering Royals ace Johnny Cueto in an 11-8 Toronto win that cut Kansas City's lead to 2-1 in the American League Championship Series.

Kansas City rallied for four runs in the ninth but it was too little, too late.

The Royals won 5-0 and 6-3 in Kansas City, handcuffing the Jays' powerful offence. But that changed in Game 3 in front of a loud sellout Rogers Centre crowd of 49,751.

"We need to score," Toronto manager John Gibbons said before the game. "That's kind of who we are."

And that's exactly what they did, with Tulowitzki, Donaldson and Goins combining for nine RBIs.

The 11 runs set a Toronto franchise record for most runs scored in a post-season game at home.

It also marked the third time in Jays' playoff history that the team has scored 10 or more runs. The three homers matched a franchise single-game playoff mark.

Apart from the Royals rally,

HOW'D YOU VOTE?

The lone Canadians on Toronto's roster are Russell Martin and Dalton Pompey.

Martin declined to answer questions about the election Sunday, while the 22-year-old Pompey acknowledged he's never voted. He's only been eligible once before, for the May 2011 election.

Pompey said some of his 33,000 Twitter followers had asked him to urge others to vote.

"I'm definitely going to tweet it out and raise awareness," he said.

THE CANADIAN PRESS



Ryan Goins got redemption after Game 2's costly fielding misplay by getting the Jays' offence going with a two-run single in the second inning before adding a solo home run in the fifth Monday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

ALCS Game 3



the lone sour note was Tulowitzki's ejection after taking the field in the eighth, seemingly for chirping home plate umpire John Hirschbeck. The Jays shortstop, who had to be held back by bench coach DeMarlo Hale, had just struck out for the second time and wasn't happy about it. Neither was the crowd.

After giving up a run to Kansas City in the first inning, Toronto sent eight men to the plate in the second and nine in the third to build a 9-2 lead. Goins, who had driven in two earlier runs, made it an even 10 with a solo shot in the fifth.



They Jays chased the Royals' Johnny Cueto after two innings while Marcus Stroman battled for 6-1/3. LEFT: CHARLIE RIEDEL, RIGHT: MATT SLOCUM/THE ASSOCIATED PRESS



The rout was on after Josh Donaldson's two-run shot, capping off a six-run second inning that ended with the Jays up 9-2. CHRIS YOUNG/THE CANADIAN PRESS

Birthday boy Jose Bautista, who turned 35, made it 11-4 with an RBI single in the eighth. The Royals added two runs on three hits and a sacrifice fly in the ninth off Liam Hendriks, forcing Gibbons to bring in closer Roberto Osuna.

Kendrys Morales then hit a two-run homer to make it interesting.

For Goins, it was an evening of redemption after a fielding

blunder that opened the door to the Royals winning rally in Game 2 Saturday. He did damage with the bat and showed off his silky fielding skills.

For Tulowitzki, who is still feeling the effects of a late-season shoulder injury, it was a second straight successful outing at the plate after a playoff slump.

For Cueto, it was simply a night to forget. He was pulled after giving up four runs in the

third when he failed to get out the five hitters he faced. He retired just six of the 17 batters he faced.

Cueto gave up eight runs on six hits with four walks, one hit batsman and two strikeouts in two innings. He threw 69 pitches, of which only 39 were strikes.

In go-

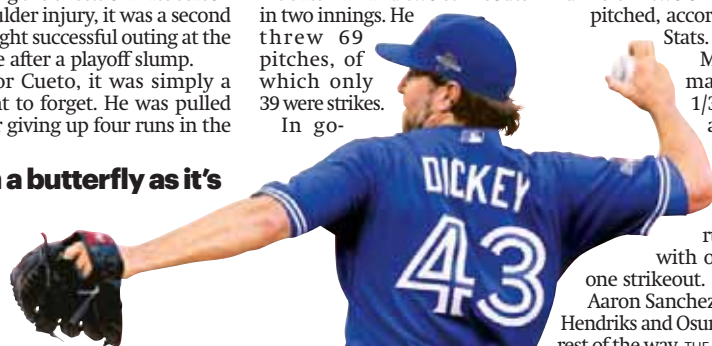
ing down in flames, Cueto set a Royals record for runs allowed in a post-season game. And he became the first pitcher in post-season history to allow at least eight earned runs and 11 base-runners in two or fewer innings pitched, according to ESPN Stats.

Marcus Stroman pitched 6 1/3 innings in a bend-but-don't-break performance, giving up four runs on 11 hits with one walk and one strikeout.

Aaron Sanchez, Mark Lowe, Hendriks and Osuna pitched the rest of the way. THE CANADIAN PRESS

Have you ever tried to catch a butterfly as it's floating around in the air?

Russell Martin, who says he wishes he could put a camera on his mask so viewers could see the movement he sees when catching Tuesday's starter, knuckleballer R.A. Dickey.



McDavid already turns heads

OILERS

Edmonton's top pick serves notice with breakout game

On Thursday, with his famous son still awaiting a breakout performance, Brian McDavid was ushered to an Edmonton Oilers backdrop and encircled by a rush of microphones. He was asked to describe the sensation of being inside a media scrum: "Uh, uncomfortable."

"No, it's fine," McDavid quickly followed. "He's a professional. I've learned from him."

Connor McDavid is still only 18 years old, but he already has spent a lifetime in front of cameras and microphones amidst intense public interest.

His father held court with reporters near the end of his son's first full week in the NHL

— an unnervingly unremarkable week. But by the end of the weekend, the spotlight had returned to the ice and to a sense of hope in Edmonton.

"Oilers fans want to believe, so badly, that this is the guy," retired Oilers defenceman Jason Strudwick said Monday. "That this is the guy who is truly going to lead them out of the darkness."

McDavid had his first breakout game Saturday, with two goals and an assist in a win over the Calgary Flames. The Oilers had lost all five games against their provincial rival last season and were outscored 21-8. With McDavid's help, they won 5-2.

On Sunday, he collected an assist in a 2-1 overtime win against Vancouver.

McDavid has five points in his first six NHL games, tied for the third-most among rookie skaters. That puts him on pace for 68 points this season — which is behind the rookie pace



Connor McDavid celebrates his first career NHL goal last Tuesday in Dallas.

RONALD MARTINEZ/GETTY IMAGES

set by other so-called generational talents such as Wayne Gretzky (137), Sidney Crosby (102) and Mario Lemieux (100), but safely ahead of what the Oilers projected in public.

Before the season, Edmonton general manager Peter Chiarelli

suggested he would be happy with 20 goals and 40 points.

"The change in him, in those five games, is like night and day," said Strudwick, host of a daily two-hour local affairs program on City, in Edmonton.

"He's taking the bull by the

horns and he's going and creating and being aggressive. And it's so much fun to watch."

One of the best demonstrations of his skill was not recorded in the game summary. Early in the third period against Calgary, McDavid poked the

puck away from a back-tracking Flames defenceman, drove in toward the slot and pulled the puck back and away from a second defenceman. If not for Jonas Hiller's sprawling paddle save, McDavid might have landed the highlight of the week.

Strudwick, an Edmonton native, spent the final three seasons of his NHL career with the Oilers as they probed new depths in the standings. He said the fact the team already has a trio of recent first-overall draft picks on the roster — Taylor Hall (2010), Ryan Nugent-Hopkins (2011) and Nail Yakupov (2012) — will make a difference.

"I think Connor is much more insulated here now than a Taylor Hall was, or a Nugent-Hopkins was," Strudwick said. "And I think that will help his development."

"He's going to be a great player for a long time," Canucks forward Alex Burrows told The Vancouver Sun. "He'll probably grow another inch and add 20 pounds. He'll be something to see."

TORSTAR NEWS SERVICE

INTERNATIONAL WOMEN'S SOCCER

Buchanan up for FIFA player of the year

Canadian coach John Herdman has long said teenage defender Kadeisha Buchanan had star quality.

On Monday, he was proved right again as the 19-year-old from Brampton, Ont., was one of 10 shortlisted for the 2015 Ballon D'Or, which honours

the women's player of the year.

Herdman, meanwhile, is shortlisted for women's world coach of the year for the second time in his career. He was also nominated in 2012, when he finished sixth in voting.

Buchanan, who plays collegiate soccer at West Virginia,

turned heads at the Women's World Cup on home soil this summer when she won the Hyundai Young Player Award and was the lone Canadian on the tournament all-star squad.

Still a teenager, Buchanan already has 40 caps.

Tough, physical and fast, she

is the anchor in the Canadian defence.

The United States, which won the World Cup in July, is the best represented country on the shortlist with the three players: Hope Solo, Megan Rapinoe and Carli Lloyd.

THE CANADIAN PRESS



Kadeisha Buchanan. MINAS PANAGIOTAKIS/GETTY IMAGES

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RECIPE Italian Roommate Pasta



PHOTO: MARY VASNETI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is as much vegetables as it is pasta yet it's still pure comfort in a bowl. **Serves 4.**

Ready in
Prep time: 20 minutes

Ingredients

- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusilli
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions

1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and

bacon. Allow bacon to crisp up, about 5 to 7 minutes.

2. Put a big pot of salted water on to boil for the pasta.

3. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so that the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.

4. Cook your pasta according to the package instructions. Drain it well and throw the cooked noodles into the vegetables and give it all a good stir.

5. In a small bowl, whisk up the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

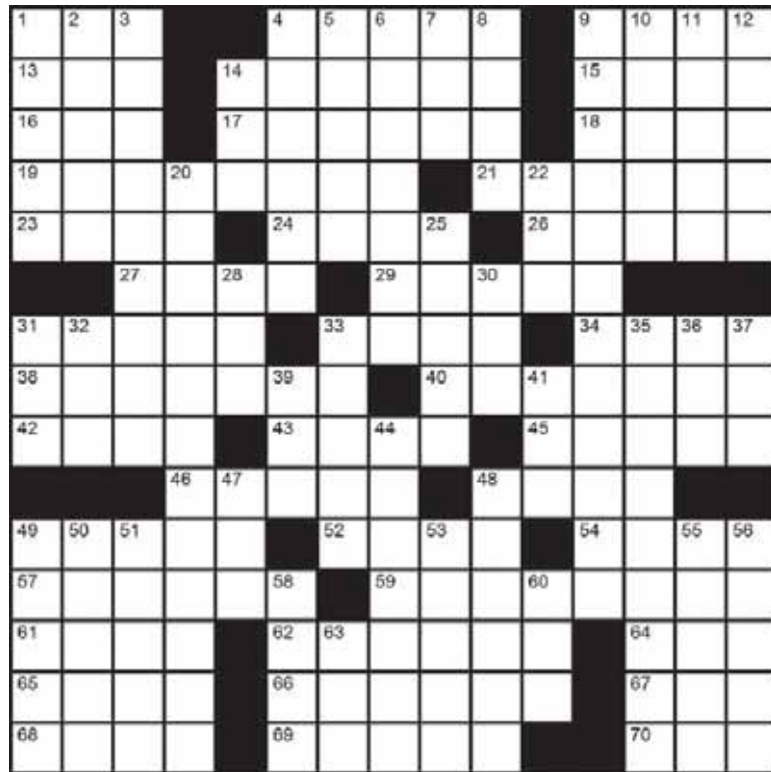
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- WWII fliers
- Mountain bottoms
- Earthenware pot
- Calder Cup sports org.
- Reach that destination on horseback: 2 wds.
- Canadian actress Ms. Mitchell
- Egyptian _ (Cat breed)
- Mystery writer Ms. Christie
- Chocolate or Pound
- Slowly-but-surely
- Sandwich roll
- Mr. Hersher
- Ms. Brockovich
- Category 27
- Infliction
- Bestseller, often 31. Thud
- Prefix to 'culture'
- _/ _ radio
- Loverboy's "Working for the _"
- Coat: French
- Unaltered
- Music's Tori
- Cars of Italy
- Dobie Gray hit: " _ ' _ Crowd"
- Much: 2 wds.
- Analyze
- Rip
- Cosy retreat
- Actress Sissy
- Crafts people
- Ms. Kotb of NBC
- Values
- Ms. Leoni
- Wing-shaped
- Do charades:



- 2 wds.
- Boo-boo do
- Klingon in the 'Star Trek' universe
- Mythological blood
- Lefts opposites [abbr.]

DOWN

- Sylvester Stallone role
- Not _ out of place
- Title of American composer John Caccavas' music piece featured in the Canadian wildlife TV vignettes Hinterland Who's

- Who: 2 wds.
- England... Iconic bell/clock in the Elizabeth Tower in London: 2 wds.
- Irish tune: "Robin _"
- Literary locale
- Shakespearean suffix

- Saturate
- The scientists at #48-Down jointly won "for the discovery of neutrino _ which shows that neutrinos have mass"
- Apso (Dog from Tibet)
- 'Great' waters

- Australian attraction, _ Rock
- Mr. Liotta
- Layering piece for Fall fashion: 2 wds.
- High card
- Standards
- Pres. Eisenhower
- Through
- Shirley's portrayer on "Laverne & Shirley" ...her initials-sharers
- French actress Ms. Seydoux of the upcoming 007 flick
- Acknowledge
- Carnivore
- Business excess
- 12th Greek letters
- Scottish refusal
- Dallas Cowboys org.
- When astronauts aren't in space, they are where?: 2 wds.
- Donkey's partial laugh
- 2015 Nobel Prize in Physics winners: _ B. McDonald (Canada) and Takaaki Kajita (Japan)
- "Poppycock!"
- Speedskater, _ Anton Ohno
- "M*A*S*H" role
- _ Detoo (George Lucas character)
- Hagar the Horrible's dog
- Ivan and Nicholas
- "The Bridge on the River _" (1957)
- "Violin" suffix
- Job [abbr.]

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
In one area of your life at least your efforts are about to pay off. However, your health could suffer if you overdo it physically. You need to get the balance between work and play just right. Make that your aim today.

Taurus April 21 - May 21
You may be tempted to force through changes you know others don't want but think of the resentment that could create. You may have a remarkable will to win, but you don't have to win every time.

Gemini May 22 - June 21
If you find yourself in a situation that makes you feel uncomfortable then get up and leave. Don't worry that it might be interpreted as being rude.

Cancer June 22 - July 23
Pay no attention to rumours today. If certain people want to spread gossip that's up to them but it won't do you any good, so keep your distance and make sure you deal only in facts.

Leo July 24 - Aug. 23
You could clash with someone who does not share your principles — or maybe has no principles at all. Just remember there are many out there who share your beliefs.

Virgo Aug. 24 - Sept. 23
You cannot keep up your present frantic pace for much longer, and if common sense doesn't tell you then what happens over the next few days will hammer home the point, maybe painfully. Slow down and calm down.

Libra Sept. 24 - Oct. 23
Don't get emotional about something that needs to be dealt with on a purely mental level. If you allow your feelings to get the better of you then you will only confuse yourself.

Scorpio Oct. 24 - Nov. 22
Try not to take yourself too seriously, especially if certain people flatter you. Most likely they are after something and hope that by saying the right things you will give it to them. But you're not that gullible, are you?

Sagittarius Nov. 23 - Dec. 21
There are a lot of challenges coming your way but you will come through unscathed. Even the most testing trial can be turned into a triumph if you show the right attitude.

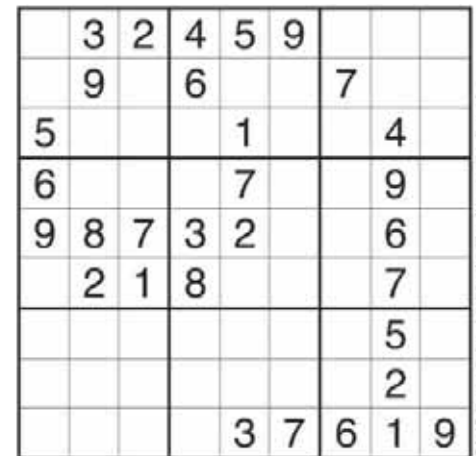
Capricorn Dec. 22 - Jan. 20
You may find it difficult to get along with certain people. Make the effort because there could be financial repercussions if they feel you are being unfriendly for no good reason.

Aquarius Jan. 21 - Feb. 19
Control your temper, no matter how much others provoke you. Keep your cool by reminding yourself what could be at stake in the long-term — your professional status.

Pisces Feb. 20 - March 20
Anyone who takes you on today is likely to regret it. Cosmic activity in your opposite sign of Virgo makes you hugely combative, so much so that you may actually go looking for trouble. Try not to alienate people.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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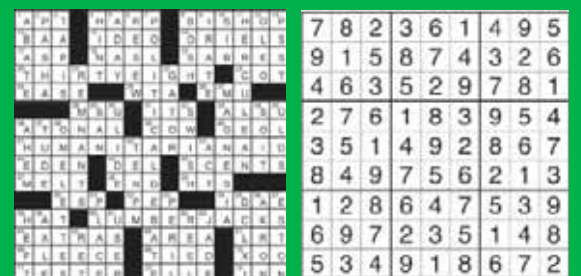


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